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1906

Myra's Journal

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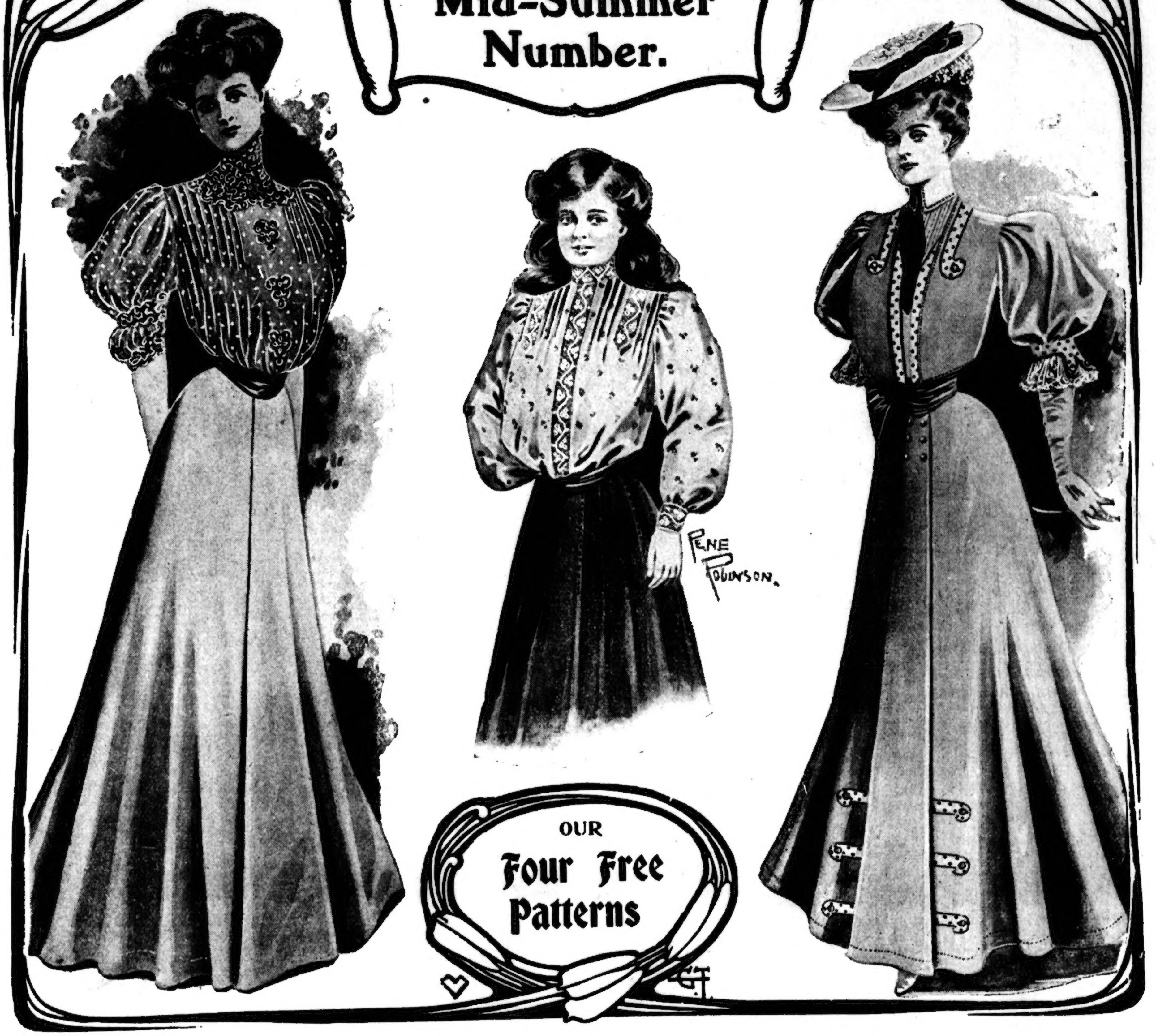
THE LEADER OF FASHION

Mid-Summer Number.



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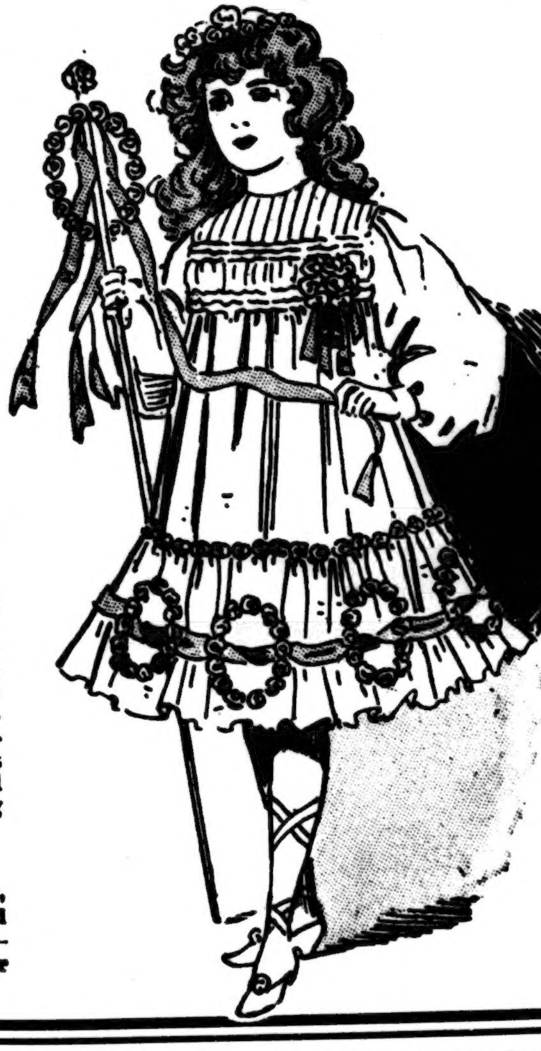

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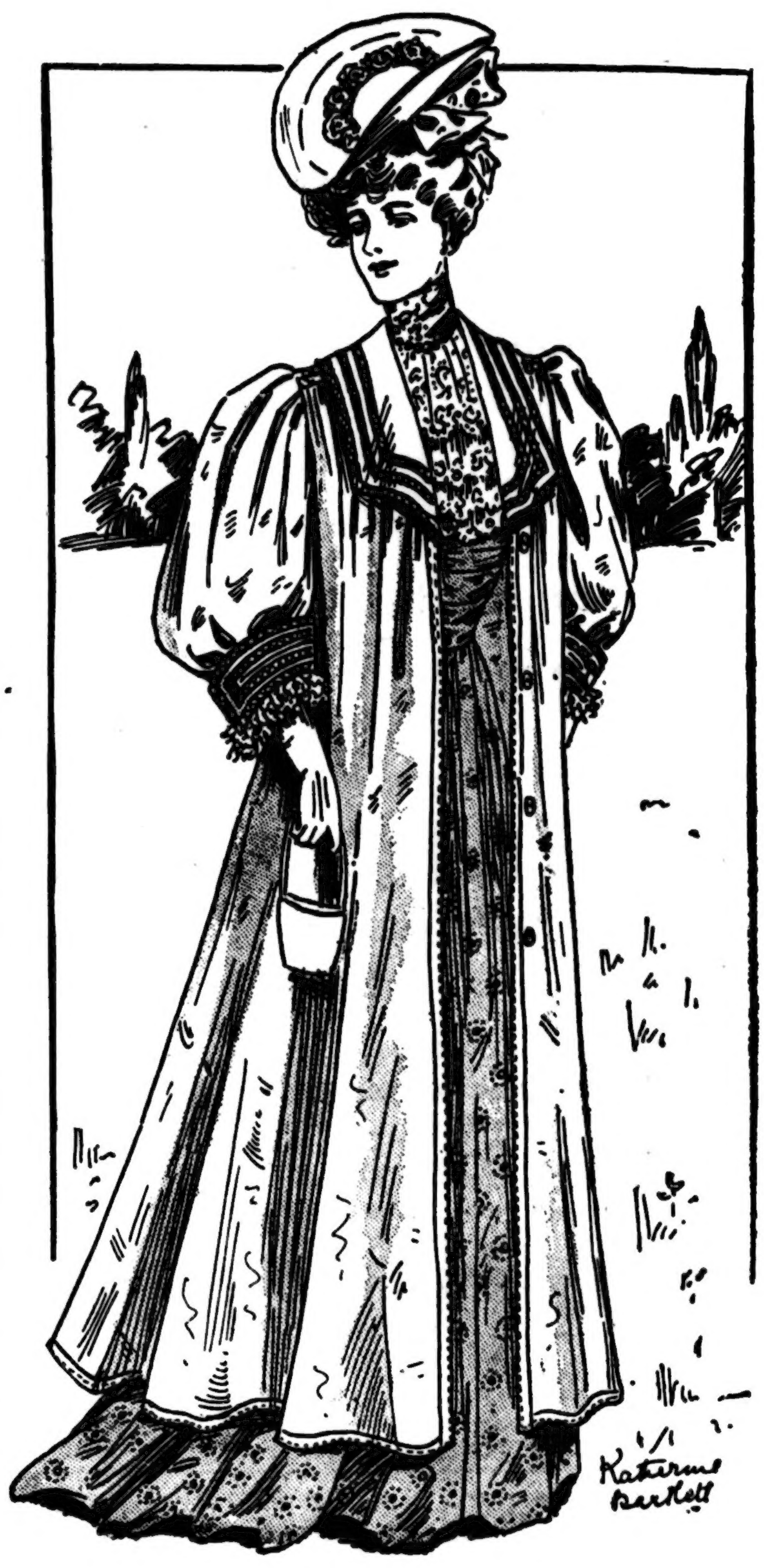

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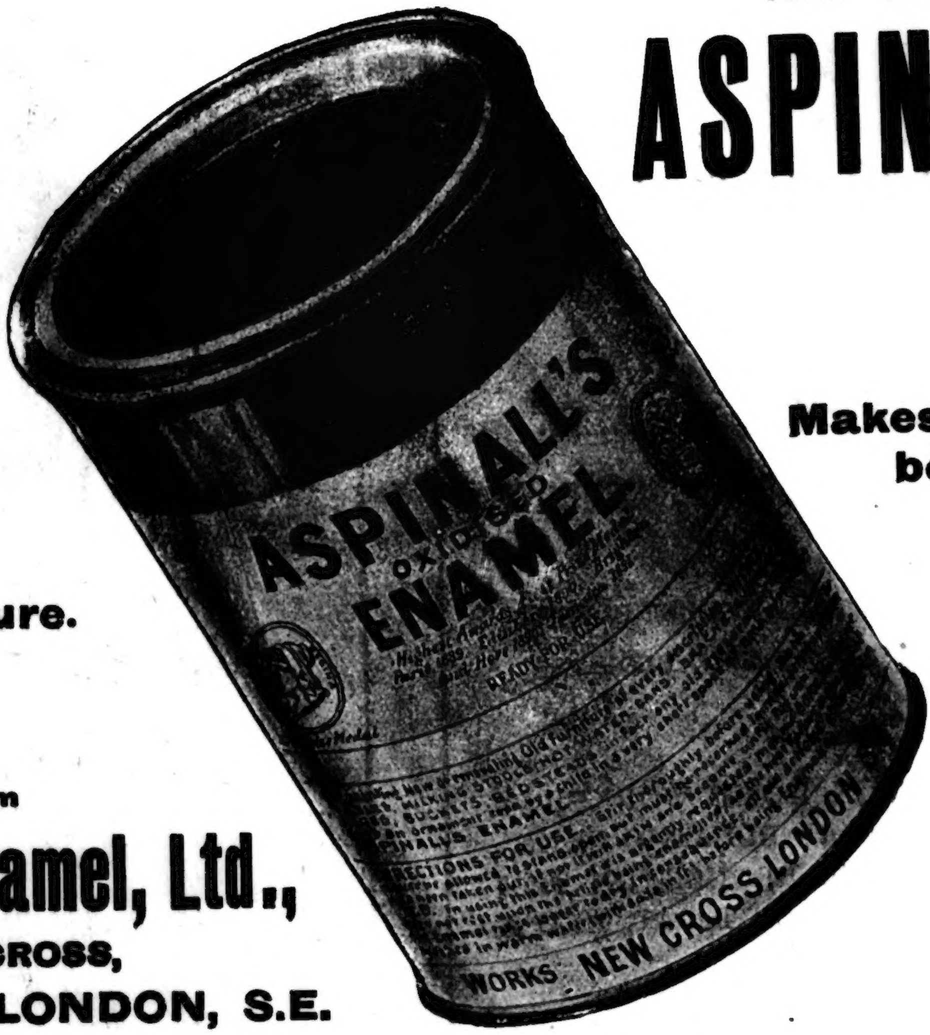

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FASHION NOTES FOR THE MONTH

A FACT to chronicle is the revival of moirés, but not the stiff moiré of old; the revived silk has all the old beautiful waterings, but it follows the prevailing taste for soft, supple materials, and it is as delicate and "drapeable" as the much-used double-width Oriental satin which has been prime favourite of late for evening and bridal gowns. Many of our "Society" brides this year have worn, and are about to wear, gowns of the new soft moiré, which is a most beautiful fabric.

Silks much to the fore this season are tussores and China silks—these have much the same texture—which are to be had in a variety of shades, as well as in the ficelle "natural" shade, of which one always thinks of first when tussore is mentioned. Evening wraps are being made of tussore or Shantung silks, a favourite shade being the fashionable *vieux rose.* These are long (full length or long three-quarter length), and are much pleated. A feature is the girdle or waistbelt, which is a novelty in these days of loose evening wraps. Sometimes the belt—of white or coloured silk or draped moiré—passes under the pleats of the long pelisse. In some models this belt is at the waist proper, in others it is high Empire style.

Still the smartest evening frocks are of princess or Empire type; but a protest against the over-use of these charming styles has arisen, and it takes the form of a determined effort to revive the long-waisted Louis XV. coats. As yet it is only older women who take to the innovation—the eighteenth century styles are in no ways so youthful as the "Empire"—but younger women adopt the long-waisted effect by means of deep corselet belts with very high points in front. Immensely admired is the princess foundation of satin or silver tissue, veiled with a transparent Empire over-dress of chiffon or fine lace. In great drawing-rooms more than half the beautiful youthful matrons are thus garbed.

The "ultra Parisian" millinery is a thing to be avoided this year. It is always wise to fight shy of it, because the great French houses evolve the strange and wonderful things entirely for the English and American markets, knowing full well that no high-class *Parisienne* would dream of thus disfiguring her graceful body or her dainty head. This year the French millinery prepared especially for export is too much for most tastes. The raising of crowns and the diminishing of brims have their effect accentuated by a handful of peacock's feathers, which stream in the wind. They are a copy, in fact, of the strange, monumental pot hats which crowned the short-waisted gowns of the Empress Josephine's ladies, and which were copied from, or suggested by, the monumental headgear of the great Napoleon's Lancers and Hussars. As in those days, these tall creations are tilted forward, and have a truly ridiculous effect.

There are several pretty hats, however, to choose from, though a large proportion of even these are spoiled by the wild-looking, streaming plume. Pheasant tail feathers a yard long, peacock feathers — in their natural glory of colouring or dyed to match the toilette—long heron plumes stream on the breeze, and stick out from the back, the side, or, indeed, from the front of the hat, seeming to demand a pair of curtailing shears.

A pleasant contrast are the large picture hats of our well-beloved Leghorn straw, the broad brims pleated up most becomingly. No plumes have these, but garlands or bunches of very large roses—with their buds and leaves—and a simple drapery of broad soft ribbon—pale blue or leaf green are the favourite shades, especially blue, which looks charming with the pink roses on a white hat. The ribbon is tied at the back with long ends, which float over the shoulders. Some have a veil of white lace draped over the back, and falling over the hair.

The taste is reviving for coloured underslips. Of late it was not considered good style to wear a pink, blue, or green slip under a white transparent blouse or gown; but now a pale pink or pale blue underdress is much affected under white chiffon Empire robes. A charming evening gown is of bright pink satin, its almost too-bright hue softened by a white Empire over-dress of very fine transparent gauze finely striped with white satin, and printed with faint bouquets of pale coloured shaded flowers. Round the hem is a series of "true lovers' knots" worked in silks and mother-o'-pearl sequins. The dress is slit up on each side to show the under-dress, here covered with silver lace, which is draped with ends of pale blue ribbon gathered in with a bow. The same arrangement of ribbon mixes with strings of pearls on the low, high-waisted bodice.

The gauzes and muslins, with or without satin stripes, and printed or painted with half-effaced designs in pale colouring, are to be very fashionable this year. They are trimmed with lace and plenty of ribbons matching the colours to be found in the printed design. Such dresses are best turned out by French hands, as, on the whole, few English dressmakers really feel the correct blend of shades. It is all very well to say that pink, blue, and green go well together, but for a happy effect we must know by instinct each shade of each colour to select for combination.

By "instinct" is said advisedly, as the art of colour blending is a natural gift; it can be improved by practice, but it cannot be acquired by those who have it not.

Silver-embroidered grey gauze over pink or pale green is highly effective in clever hands. There is a great deal of silver embroidery and silver lace about, and silver tissue is still the favourite foundation for white Court or evening gowns of high class.

MISS HONEY'S COMB.

It was dark outside with the darkness of rushing rain, and not one other sound. In the little room there was tense stillness—a lull in their inner storm. But the two were not convinced, though words were exhausted, for each stood quivering inwardly, both conscious of their own rightness. It was their first quarrel.

"Good-bye, Marion," said the man at last, hotly, breaking the quiet, and turning away quick in his anger.

"Good-bye, Philip," and the girl with her set lips and proud white face stood motionless while he left her.

Then, as his angry footsteps died down the desolate street, she bowed her sunny head in misery. Just a misunderstanding, and it was all over, their beautiful friendship!

"O, Philip, if you had but waited!" she cried in her loneliness, yearningly.

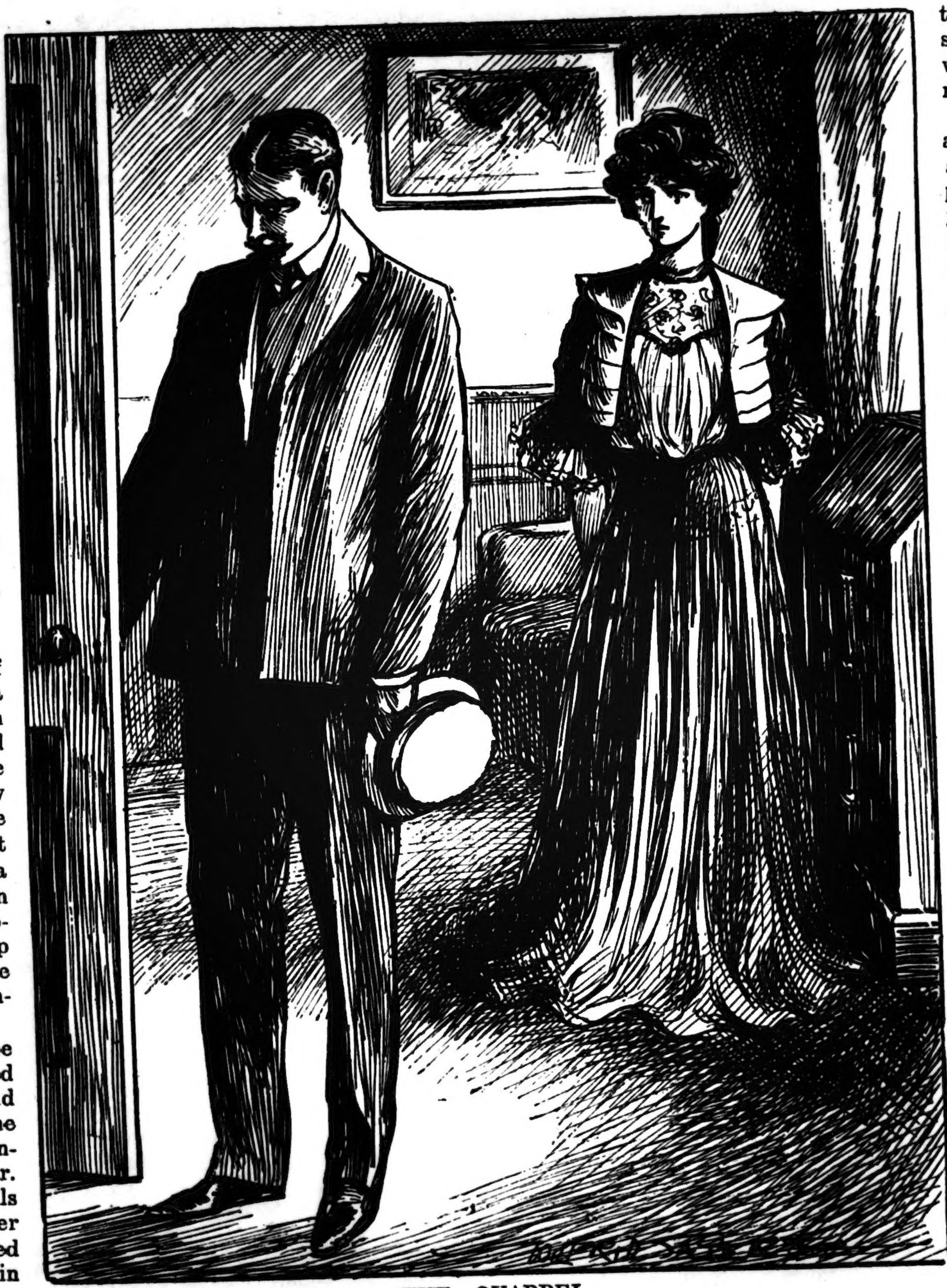
But only the mournful patter of wind-swept rain upon the silent street answered her pleading.

He was gone. It was too late.

. . . .

"Was it a crown of gold? Was she a queen?" Marion dreamed, as she trod the country lanes in the evening light a few weeks later. Often she had noticed this quaint and queenly lady with a glittering comb upon her bare head; but to-night the girl looked up at her from the little lane with newer interest.

She stood still in the quietude, grey and gaunt, grave-faced and grey-robed, with the soft grey of a moonbeam sky above her. But the heather-bells shook faintly about her skirts, and blew scented kisses up into the thin grey face.



THE QUARREL.

Marion watched her interestedly, and wondered yet again that she stood there all alone, with her soft grey locks uncovered and ruffled by the sharp night breeze.

"Miss Honey! Miss Honey; Come 'tis supper-time, and you'll catch your death-chill up there!" cried a shrill, anxious voice, and the girl, looking down a narrow path, noticed for the first time a small cottage hidden in ivy, from the door of which a little round form was peering and shouting upwards.

"Come, there's a dear," went on the voice wheedlingly; "come to your own Norah, Miss Honey, darling."

The thin, bent form raised itself with gentle grace from looking downwards at the scented flowers, and moved somewhat painfully, and with great hesitation, towards the rocky path. Just then Marion met the recognising gaze of her sweet mild eyes. In that moment, strangely, a magnetic thread united the old and young hearts together.

"Let me help you," said Marion simply, running up to her. And Miss Honey, with one soft look of surprise at the stranger, took the proffered arm, and they descended the hill together.

"Ah, dear, dear, but it's more like the little new-born baby you're getting," said Norah, with privileged crossness, as she attempted to draw her mistress indoors.

"Hush, Norah," and Miss Honey drew back. "This young lady kindly lent me her aid down the difficult path. What can we do for her? Nothing, I fear."

She drew her brows together thoughtfully, and then, as Marion tried to expostulate, she continued, looking with a certain wistfulness into her face.

"But would you do another kindness—come and see me when you pass this way? Perhaps you would come and drink tea with me to-morrow, would you?"

The girl hesitated, but the gentle appealing, the flutter between sunshine and shadow on the thin face decided her.

"I shall be very pleased to come," she replied with her winning smile. And she knew she had done right by the light that settled on the faces of both mistress and maid.

That was the beginning of friendship, and through the long summer hours Miss Honey and Marion grew to know each other very well.

Later on, the elder lady seemed to droop in the heat, and hid herself in her room, but Marion was always welcomed.

"Good evening, Miss Honey. See, I have brought you some honey-flowers to-day," and Marion, with her arms full of honeysuckle, smiled into the sweet, wistful face.

"Ah, my dear, it is my favourite flower—my name-flower. Richard loved it so. Thank you, little friend." She closed her eyes quickly, as if to hide some tears, and Marion kissed her understandingly, and softly slipped downstairs.

"The flowers are speaking their own message to her, Norah," she said to the devoted woman below. Norah looked full at Marion.

"You've proved true to my lady, Miss Marion," she said; "and I'm thinking she would like you to know her sorrow. If it were not so I would never speak."

"I have just commenced taking your journal, and am very pleased with it."—N. B.

"This is always a sad time for Miss Honey," she went on musingly. "I remember the last day poor Master Richard called he brought her a bouquet of honeysuckle like you did just now. We were living in the heart of a town then, and how pleased my lady was, to be sure! Little she knew she would never see his bonny smile again."

Marion glanced up quickly.

"Why, were they parted?" she questioned, and there was a catch in her voice.

"It was this way," began Norah confidentially. "Master Richard was a merchant, and he travelled often and often abroad, and always brought my lady a memory of his journey.

"It was on one such return that he gave her the comb she prizes so. Always after she wore it in honour of him. And when on that last evening he came to bid her good-bye before starting on some years of travel, I can see her now going to the end of the garden to say one last word.

"The sun was just setting, and lit up her golden hair most wonderful, Miss Marion, and made the yellow comb glitter so. I noticed how Master Richard looked at her hungry-like. Then he put her away from him with a great effort.

"'Good-bye, my honey-queen,' he said tremblingly. 'When I come back you must look just like this. You've queened my heart, honey, and I've crowned you mine. You will always wear the comb to prove it, won't you?'

"I don't know what Miss Honey said, but it pleased him greatly. Poor Master Richard! And he did not forget to fling me a glance as I stood at my distance before the gate closed behind him for ever."

"He died? Oh, poor Miss Honey!" Marion guessed sorrowfully.

"No," said Norah with great emphasis; "it was worse than that, to my thinking. There went out a cruel tale to him that Miss Honey had forgotten her promises, and intended to marry another. The jealous hand had done its work. They were surely parted. Soon after my mistress died, and Miss Honey and I travelled about for years. Once, indeed, we learnt that Master Richard, in his anger and grief, had hurriedly married a delicate little creature, who just lived to bring peace to his heart, and then left him—a father. But Miss Honey always wears his comb, and likes to go up on the hill in summer evenings and dream of him in her constant heart."

Norah turned abruptly to her work, but Marion went upstairs.

Her tender kisses on the worn cheek mutely told Miss Honey she knew her sorrow. And the old lady drew the girl closer to her. There was a sweet and comforting silence in that little room.

Presently Miss Honey raised herself and looked searchingly at Marion.

"Little friend," she said, pitifully. "I know the signs; you are yourself unhappy. Won't you tell me all about it?"

Then Marion, looking into those sweet, compelling eyes, opened her wounded heart, and was comforted.

. . . .

"It was just a foolish misunderstanding, sir; I was wrong, I admit it. Admit it! Why, I would go down on my knees before the darling (if I could only find her), and tell her I was in fault as often as she wished it. Father, you cannot understand my remorseful feelings."

Mr. Burne smiled.

"Let me tell you, Philip," he said quietly, "that these little misunderstandings make up the grim tragedy of a life. And you must promise me not to indulge in them again before I take you to Marion."

"Sir! Is it likely?" Philip glanced up indignantly, but his eyes were lit with excitement. "And you know where she is? Well done, dad!"

The father laid a tender hand on his son's shoulder.

"Philip, while you were dreaming in misery I made quick inquiries. I find Miss Marion had buried herself in the heart of a little village, where you and I will intrude ourselves this afternoon."

Some hours later they arrived at the cottage where Marion was staying, Philip impatiently going forward to the half-open door.

In a few moments he returned to his waiting father with great disappointment.

"She is calling on some friend," he explained quickly. "Come, dad, I cannot wait, and the woman has given me directions."

While Philip hurried down the country lanes with his eyes looking always ahead, the father took his time and enjoyed the sweetness of old familiar scents, and dreamed, but always with a certain stab of pain, about his own young days.

Then he looked up suddenly, because the shadows of two figures fell across his light. He looked up startled. One was Marion—but the other, that other! He believed he was still dreaming, and felt alarmed at himself.

"Honey!" he whispered. He shaded his eyes, and he saw her lean towards him.

But Philip went up swiftly.

"Marion!" he cried eagerly, taking possession of her hands, and looking into her trembling face with contrite eyes, read her instant forgiveness.

"I was in the wrong, dear heart," he whispered; "but I have wanted you so. I will never hurt you again, Marion. See, I have made you thin!"

And he took whole possession of her, unheeding the others.

But Marion gently unloosed herself after a while.

"Hush, Philip, don't abuse yourself," she said gently. "We were both wrong; we have both learnt lessons."

"Look!" she pointed, with quick perception, to the other two, who were engrossed in each other; "they also understand—at last. Philip, you are mystified; but I will tell you about them, only let us leave those dear people together."

They moved away down the little lane, but Miss Honey never noticed. After the first wonder of it she read her own heart, and knew that she had waited for this meeting.

"Richard," she cried happily, "if it had not been for the misunderstanding of those young people we indeed might never have understood."

"Yes, Honey," said the man with deep satisfaction; "we have waited long; we are old, and you were always crowned in my heart. Now, 'Honey's Comb' upon your dear grey head has made us one again."

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USEFUL SUMMER MILLINERY.

(See page 43.)

Although some of the smarter millinery is painfully *outré* and "fly-away," there are many charming models to be seen, especially among the plainer models to be worn with "tailor-mades." Three typical models belonging to this last category are illustrated on page 43.

The right hand hat shows the glorified sailor hat, with its higher crown and narrower brim. As will be seen the plain "sailor," set flat on the head, is a thing of the past. This model is smartly tilted on the left and at the back with a bandeau veiled with spotted foulard ribbon, and a drapery of the same entwines the high crown, ending on the left with a high aigrette bow.

The pretty hat sketched at the top of page 43 is a very good model, carried out partly in straw, partly in light millinery cloth. This cloth should match the "tailor-made" in colour, and the straw brim should match or harmonize with it. The only trimming is a strap of satin ribbon round the crown, and three ostrich tips.

This hat suggests a good idea for the renovator. Almost any straw, brim flat or "mushroom," could be used, the spoilt or *démodé* crown of straw being replaced with a silk or millinery cloth beefeater crown to match the morning costume.

The left hand head shows one of the new summer "mushrooms," which has crown and brim in one—much like a Chinese hat. This is of white chip, tilted at the back with a bandeau, draped with black velvet and shaded roses. The only trimming on the crown is a bunch of shaded iris (the small varieties), held with a bow of black velvet ribbon.

"I always take your paper, and find the patterns so well cut that we can always rely on the dresses turning out a success."—M. C.

That Wicked Imp.

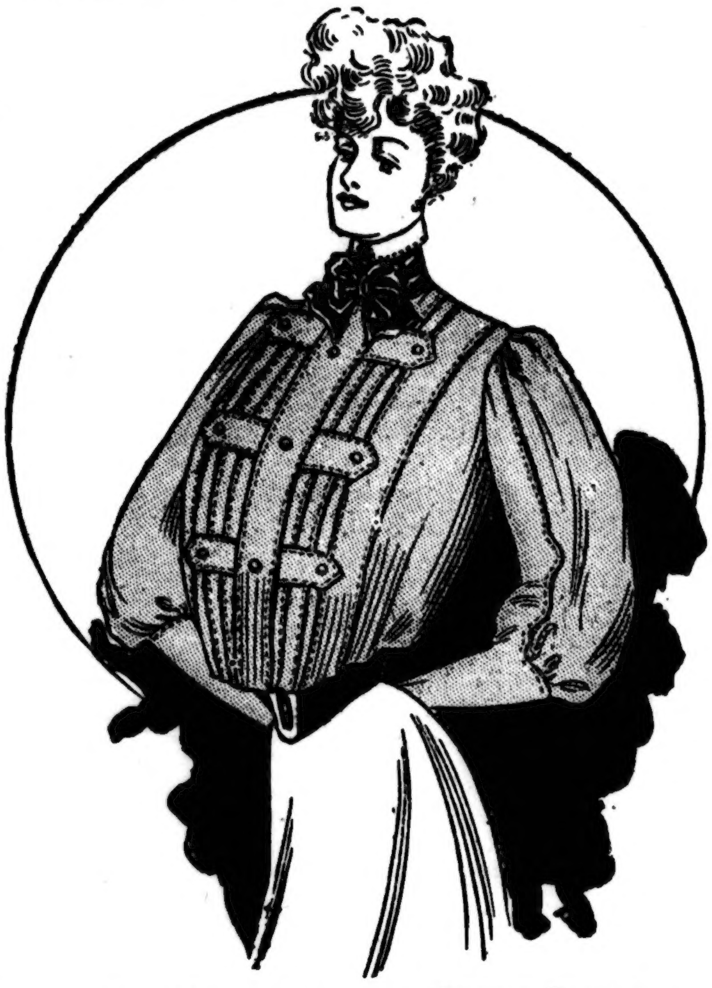
HAVE we not all met the "limb," a terror to his nurse no less than to his parent; a child who tears everything to bits, strips off the wall-paper, scrapes holes in the chairs, and performs surgical operations upon his sister's dolls? I do not for one moment suggest that such an imp is a pleasant companion. I have met him myself at close quarters, and have known how few moments it will take him to destroy much valuable property.

Experience has taught me, however, that destructibility is in nearly all normal children first cousin to constructivity, and as there may be some who have neglected to put into practice the axiom that habits of self-control should be learnt from earliest stages, I wish this article to be of assistance to those who, from lack of opportunity or unthinking neglect, find themselves the fond mothers of what old-fashioned nurses call a "limb."

I believe that the destructive child, who is kept in a prim nursery provided with cupboards full of ready-made toys, clockwork and otherwise, who never digs for fear he should get dirty, is simply suffering from having his natural faculties suppressed, and is so much good material running to waste.

The desire to examine and find out is inherent in us all, and little progress would be made in the world if this was not so; therefore, when the young person under discussion horrifies his nurse by investigating the works of a toy motor-car, it is of course necessary to point out that if he had asked his father or mother they would have shown him what made the car go, whereas he has spoilt the toy and has not even found out what he wanted to know.

The child's experiment, however, should show us that he has not been given scope for his activities, and this is the child who will revel in garden experiments, a hammer and tin-tacks. Even in a dirty smoky town children should be allowed to dig in the smallest of "cat-runs" known to the house-agent as gardens, and on wet days I have found that the possession of a sand tray and a lump of plasticene, and all the old match boxes which can be made into trains, with cardboard wheels set on by paper-clips will direct the energies of the child of unusual activity into constructive rather than destructive directions.



No. 6082. Strapped and Tucked Blouse.

For Description see Pages 30 to 34.

Price of Paper Pattern, 6½d., post free, of Madame Myra, 10 and 11, Fetter Lane, E.C.

So much, however, depends upon the spirit with which we set the children to work: "Now, run along, darling, and build a nice castle." What child would feel inspired by such a vague order? Take the trouble to draw a rough sketch of what you want upon a piece of paper; insist that a paper flag shall be coloured and stuck on to a match to float from the tower, and you will find that you have inspired an interest which a lazy or unenthusiastic person would fail to do.

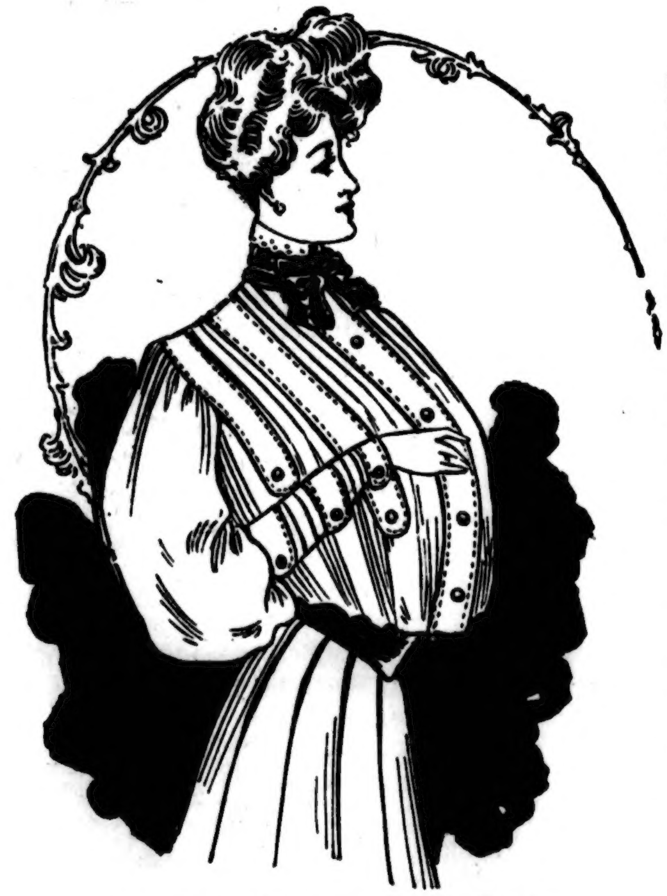
While writing of a child whose fingers must be active, I am reminded of the importance of teaching children the use of pencil and paper at the earliest possible age; as soon as they are able to hold a pencil let them scribble, and however poor a draughtsman you may be, you have sufficient talent with which to outline a man or a horse, a house or a bird, and so start the desire of the child to achieve the same results. Do not put this off till the child is four or five, but establish the drawing habit at the very earliest possible moment. I am writing from practical experience when I say, that an imp who can draw, and paint, and chalk is generally far too busy to have any inclination for wanton destruction.

In certain cases it may be found necessary to resort to some small punishment; for instance, if a child, the moment he is left alone in his cot, persists in picking at the wall and tearing off the paper, I should remove him from the scene of temptation, and every time he is put down to rest his cot should be pulled into the middle of the room, far away from the centre of attraction and naughty interest. Many children only pick at the wall paper when they go to their mid-day rest, and although they no doubt should sleep during that period, a great many remain wide awake five days out of seven.

If you have a wakeful child to deal with, let him take a doll or a soft toy animal or even a book to bed. If he is tired the plaything will not prevent him from sleeping, but will probably divert his attention from the hole in the wall. No matter what the temptation may be, it is wrong to place a child within reach of it; all resistance to tricks comes with growth and its correlative self-control.

In rare cases a destructive child is also cruel, and I believe myself that the most effectual way to nip this characteristic in the bud is to have a pet established as a member of the family even at a little inconvenience. Almost any small animal which we have to feed and care for endears itself to children, and without any moral remarks or sententious discussion the feeling of protection pushes out any desire for cruelty. It will generally be found that an infantile wickedness is merely some useful activity perverted. There is in fact some hope for the destructive imp, for as a rule he possesses some touch of originality. It is not an uncommon experience to hear a parent exclaim: "I do not know what to do with that boy, he is so destructive, and no punishment seems to have any effect." Punishment so often is misdirected, and so unexpected are its results, that we shall do well to turn our attention to the discovery of more scientific and sensible methods of shaping a child's conduct.

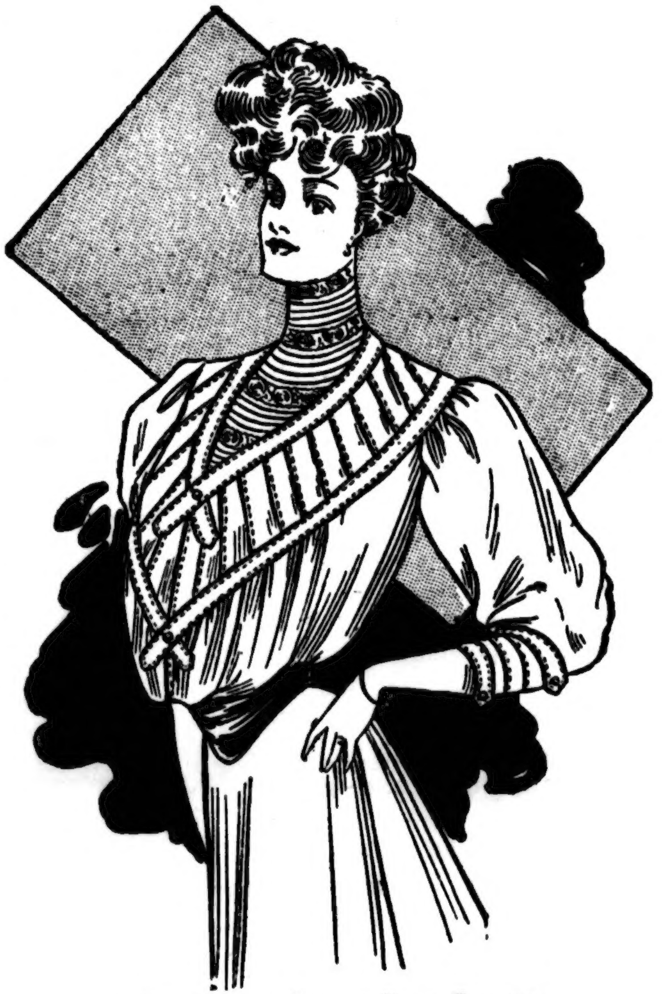
M. L. R.



No. 6083. Strapped Linen Shirt.

For Description see Pages 30 to 34.

Price of Paper Pattern 6½d., post free, of Madame Myra, 10 and 11, Fetter Lane, E.C.

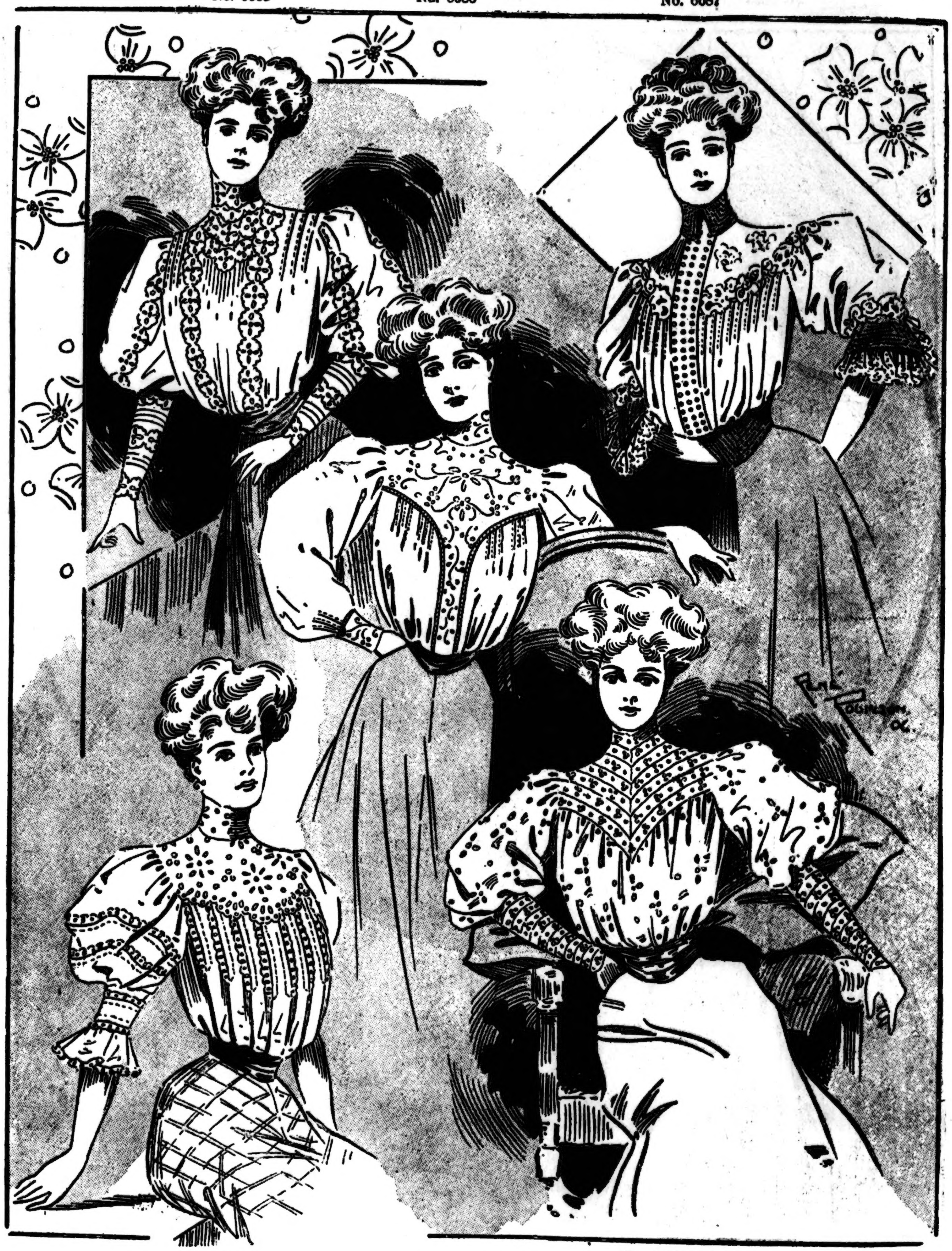


No. 6084. Smart Silk Blouse.

For Description see Pages 30 to 34.

Price of Paper Pattern, 6½d., post free, of Madame Myra, 10 and 11, Fetter Lane, E.C.

"Have used your Fichu Pattern this week, and find it A1."—J. D.



No. 6085 No. 6086 No. 6087

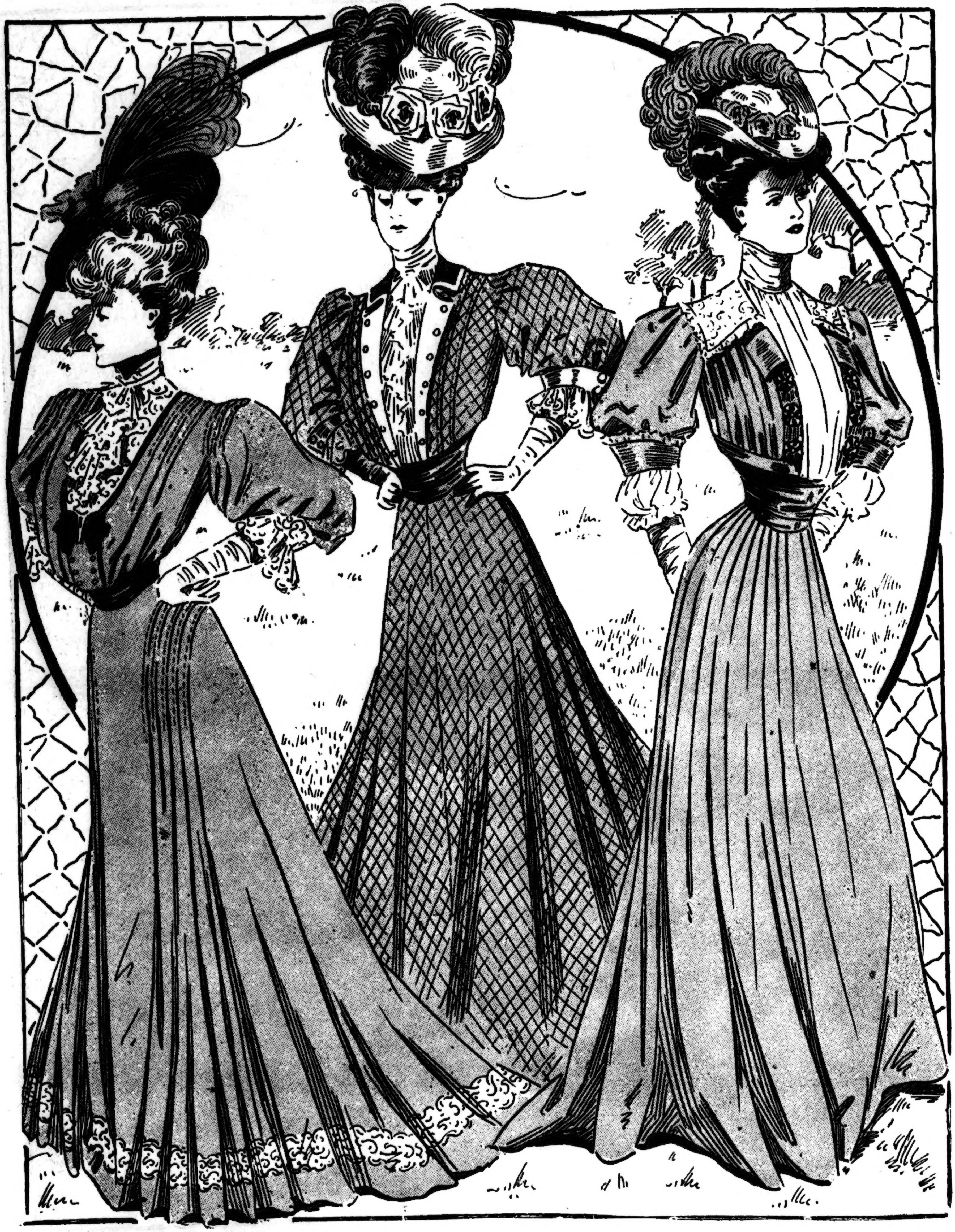
No. 6088 No. 6089

ELEGANT EMBROIDERED SUMMER BLOUSES.

For Descriptions see Pages 30 to 34.

Price of Paper Patterns, each 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

No. 6090 No. 6091 No. 6092

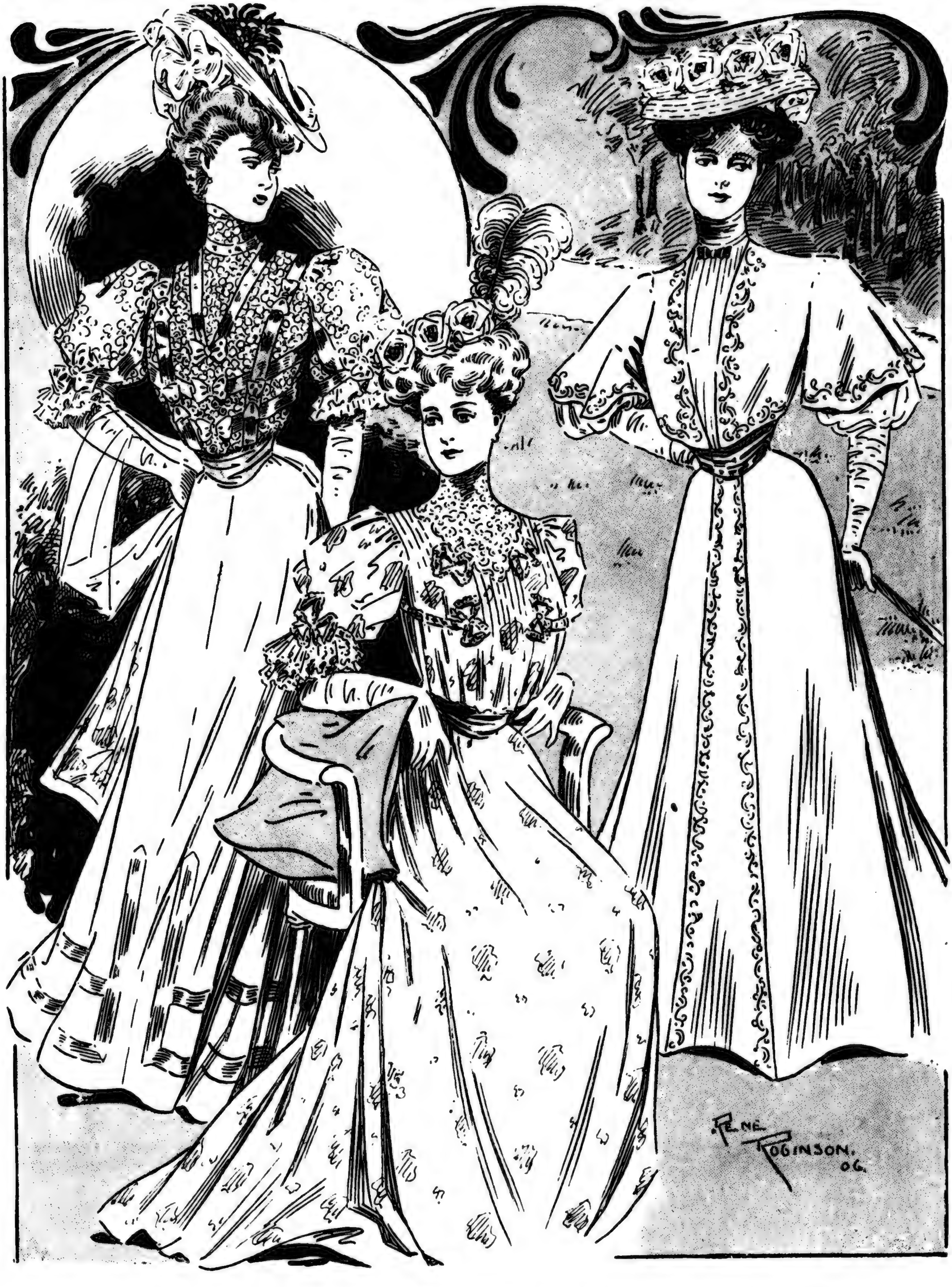


VISITING, AFTERNOON, AND RACE FROCKS.

For Descriptions see Pages 30 to 34.

Price of Paper Patterns. Pleated Skirts. each 1s. 0½*d.; Skirt, Foundation Skirt, Bodice, or Coats, each* 6½*d., post free, of* Madame Myra, *10 and 11, Fetter Lane*, E.C.

No. 6093 No. 6094 No. 6095


RENE ROBINSON. 06.

CHARMING SUMMER GOWNS.

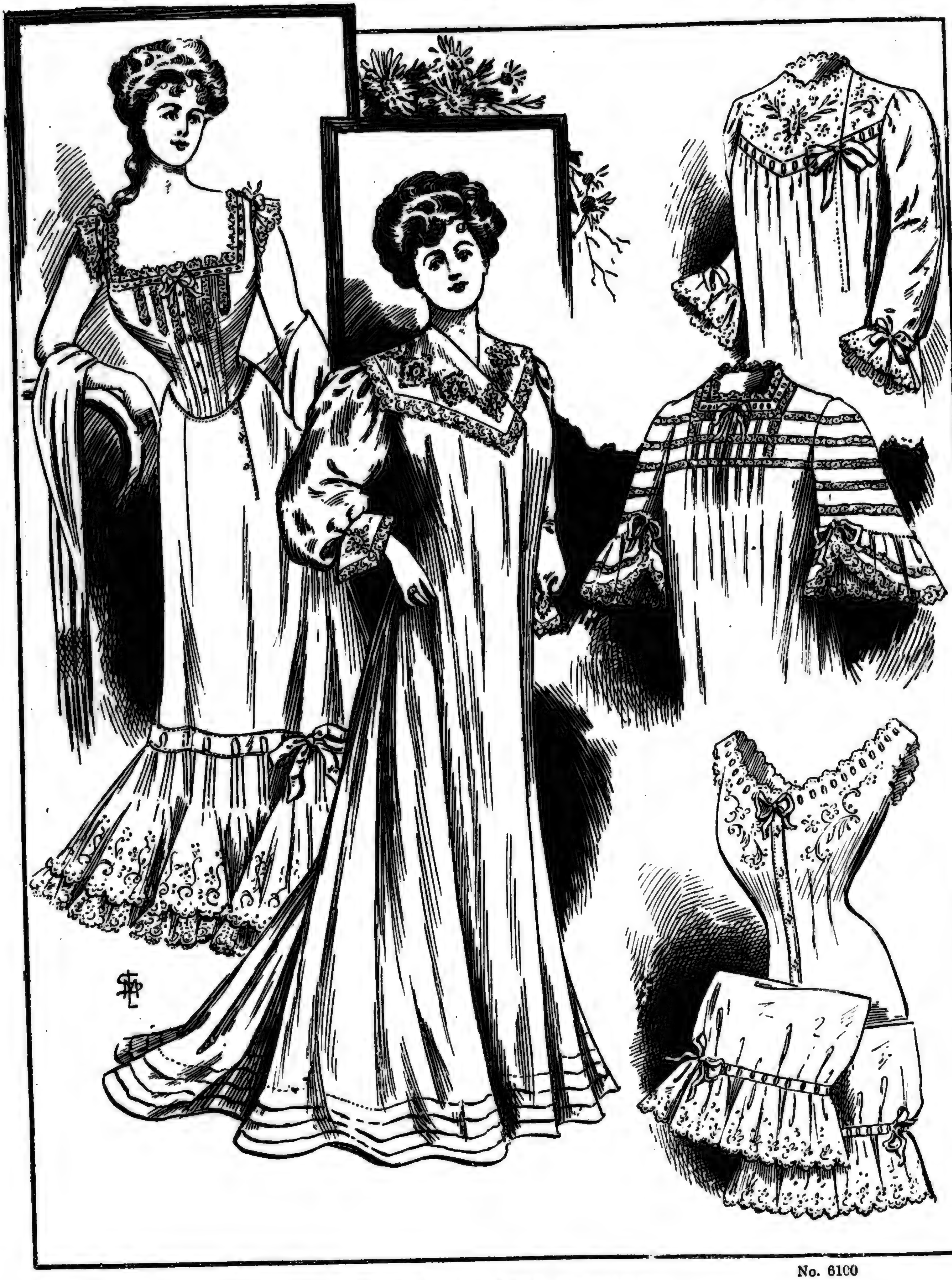
For Description see Pages 30 to 34.

Price of Paper Patterns, Skirts, Blouses, or Bolero, each 6½d., post free of **Madame Myra**, *10 and 11, Fetter Lane, E.C.*

Nos. 6096A and 6096

No. 6097

Nos. 6098 and 6099



No. 6100

DESIGNS FOR SUMMER OUTFITTING.

For Descriptions see Pages 30 to 34 and Page 28.

Price of Paper Patterns, Dressing Gown, 1s. 0½d.; the other designs, each 6½d., post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

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DEPARTED ERRORS.—*"Our past becomes the mightiest teacher to our FUTURE; looking back over the Tombs of Departed Errors, we behold by the side of each the face of a WARNING ANGEL."*—Lord Lytton.

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DRAWING AN OVERDRAFT ON THE BANK OF LIFE. Late hours, unnatural excitement, breathing impure air, taking food which is too rich, alcoholic drink. The foregoing, with sudden changes of the weather, are the causes of feverish cold, with high temperature and quick pulse, gouty, rheumatic, and other blood poisons, biliousness, skin eruptions, want of appetite, sourness of the stomach, &c.

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HEALTH AND PERSONAL ATTENTION.—See Myra's Answers in "Myra's Journal."

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IMPORTANT NOTICE.—All Articles in this List admit of Postal Transit, and will be delivered free per post at the prices marked, secure from observation, and carefully packed on receipt of P.O.

DEPOTS ABROAD.—India: The Agra Stores, Ltd., Agra. South Africa: Mr. Y. H. Carman, Mill St., Cape Town. New Zealand: Messrs. Walker and Co., Christchurch. From these Agents any of the Toilet Preparations may be obtained.

THE GARRISON HAIR DYE.—An absolutely harmless hair dye in one solution. Easy in application, rapid, cleanly, and almost infallibly certain in effect. This is the Hair Dye *par excellence* for those who prefer a dye in one solution. Black or Brown, 3s. 6d. per case.

EMULSINE OF CUCUMBERS.—Dr. Anna Kingsford's Formula, Thin, 3s. 6d. and 10s. 6d.; Thick, 3s. 6d. and 10s. 6d. These Emulsines resemble the Crême Froide in their general properties, but are prepared for those who prefer an emulsion to a cream. The thick Emulsine is especially intended for the prevention of wrinkles, and is also highly recommended for winter use, while the thin Emulsine is adapted for whitening the complexion, and for summer use.

"Against the crowsfeet use Mason's Thick Emulsine. With respect to wrinkles, I have said again and again that nothing removes them so satisfactorily as the thick Emulsine. For flushing of the face and dryness of the skin use Mason's Thin Emulsine of Cucumbers. 'Cool as a cucumber' is, as you know, a comparison that has become a proverb, and with good reason. Mr. Mason has prepared two excellent emulsions of cucumber, thick and thin, which I have not seen equalled. To these he has now added a Crême Froide aux Concombres. As the responsibility for these formulas rests, in a large measure, with myself, you may feel sure I should not recommend them unless I had complete confidence in their excellence."—Anna Kingsford, M.D.

JABORANDI HAIR TONIC.—Prepared from selected South American Jaborandi Leaves, containing the newly-discovered alkaloid Pilocarpine. Highly recommended by medical authority as a hitherto unapproachable stimulant to rapid growth of hair. Used not only to prevent the hair falling, but to stop advance of greyness and induce vigorous secretion of the natural colouring pigment. 3s. 6d., 10s. 6d.

PETROLATE OF SULPHUR.—For promoting the growth of the Hair, and for preventing greyness. A new compound, which not only promotes the growth of the Hair, but also largely increases the formation of its colouring pigment. Its use has the effect of nourishing the Hair and increasing its growth, and also of improving its colour, preventing the increase of greyness, and removing that already existing. Price 2s. 6d.

The effect of this, used in combination with the Jaborandi Tonic, has recently been found *most remarkably successful*. A lady writes, "To arrest the greyness I applied the Petrolate of Sulphur regularly every night, rubbing it well into roots of hair, while in the morning I applied the Jaborandi Hair Tonic with a soft tooth-brush. I am most pleased to tell you that after one month of this treatment, all the greyness has gone, completely."

BLOOM OF STEPHANOTIS.—An exquisite creamy white skin and complexion powder. It imparts a beautiful natural whiteness and youthful softness and delicacy to the skin. The painful "flushing" of the face, brownness of the neck and arms, undue redness of the face and hands, are obviated by one application. For personal appearance at Court, the Ball, or Concert it is indispensable: it represses the unpleasantness of sensible perspiration and its disagreeable accompaniments. Travellers and residents in warm climates will find it invaluable. It so entirely prevents the discolouring action of the sun on the skin that freckles are almost unknown to those who use it. In polished apple wood case, with toilet puff, 3s. 6d.

"For my own part, I am in the habit of recommending Mr. Mason's Stephanotis Face Powder, because I trust him, and know that he is moderate in his charges and honest in quality."—Anna Kingsford, M.D.

DEPILATORY (Powder).—Mr. Mason is continually asked by ladies for a Depilatory which will, in one application, not only remove existing superfluous hair, but prevent its reappearance. He wishes clearly to state that it is impossible to do this. All that can be done is to remove the hair, after which an occasional subsequent application on the surface of the skin will prevent it from attaining a visible growth. The above preparation will do this without injury to the skin. With directions, 2s. per bottle. "Mr. Mason's Depilatory is at once the cheapest and best I know of."—Anna Kingsford, M.D.

CREAM OF STEPHANOTIS.—An exquisite creamy white skin and complexion cosmetic; imparts youthful softness and delicacy, with a beautiful natural whiteness to the skin. Composed of perfectly innocent ingredients, this Cream has a most beneficial action upon the skin. It obviates in one application brownness of the neck and arms, or undue redness of the face and hands. For personal appearance at Court, at Balls, or other crowded assemblies, it is indispensable, especially as it represses the unpleasantness of perspiration and its accompaniments. In warm climates it will be found invaluable. Also to prevent the appearance of that unpleasant redness or flushing of the face, which is so common annoyance. So completely does it prevent the discolouring action of the sun on the skin that freckles are rarely, if ever, known to those who use it. It subdues the redness of the features caused by exertion, cooling the skin in a most delightful manner. 3s. 6d. per case.

SKIN FOOD.—For restoring wasted tissue and removing wrinkles. To this loss of tissue and muscular tone is due the falling away of the face and neck, loss of roundness, and formation of lines and wrinkles, but these conditions can be overcome by a steady use of the Skin Food. Its use also enables the skin to retain for many years the clear, smooth, velvety surface that is associated with youth. 2s. 9d. and 7s. 6d.

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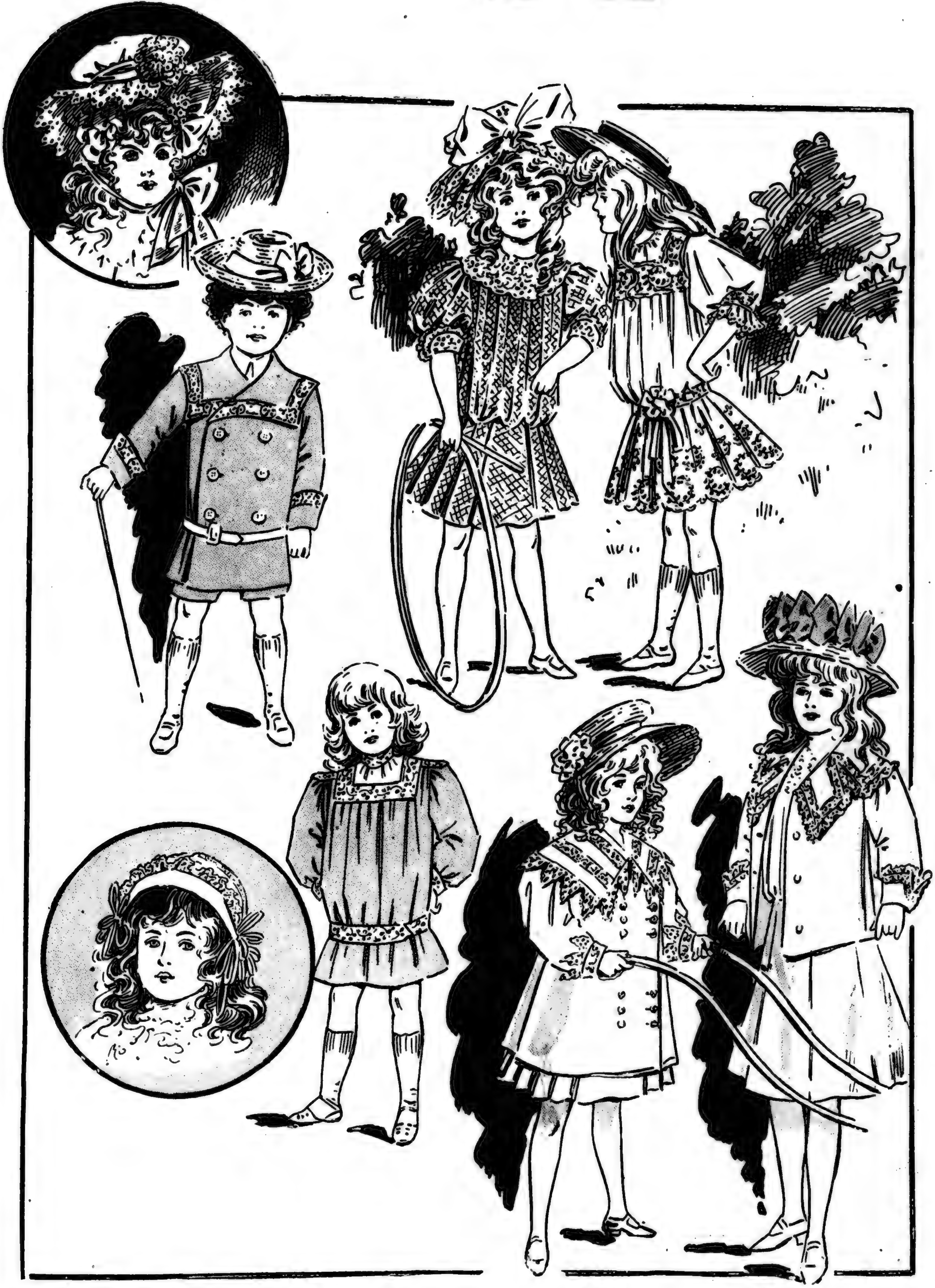
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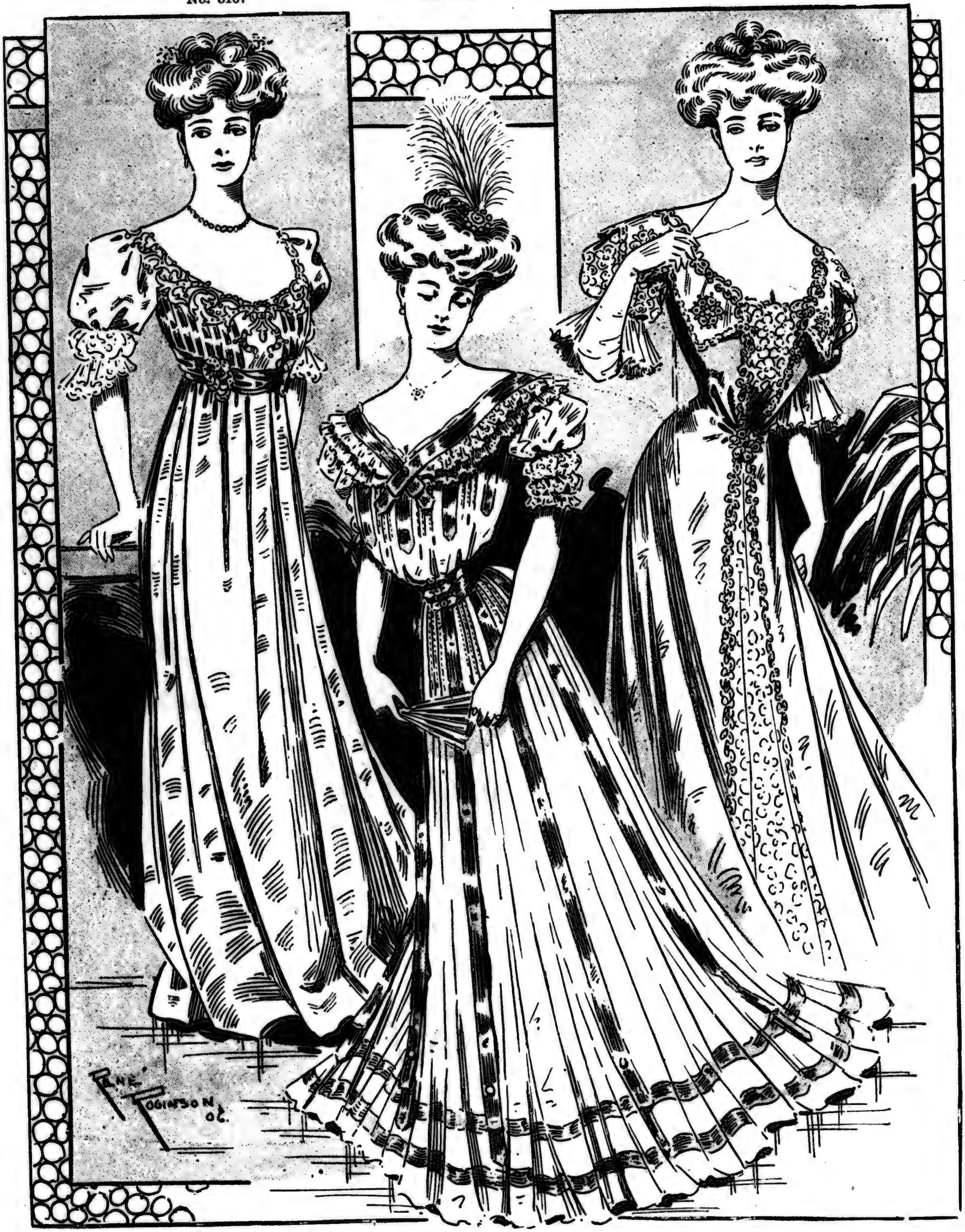
CHILDREN'S WASHING COSTUMES AND HEADGEAR FOR SUMMER WEAR.

For Description see Pages 30 to 34.

Price of Paper Patterns, each 6½d post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

No. 6107 No. 6108 No. 6109



THREE BEAUTIFUL EVENING GOWNS.

For Descriptions see Pages 30 to 34.

Price of Paper Patterns, Empire and Princess Gowns, each 2s. 0½d.; Tucked Skirt, 1s. 0½d.; Bodice, or Foundation Skirts, each 6½d., post free, of **Madame Myra**, *10 and 11, Fetter Lane, E.C.*

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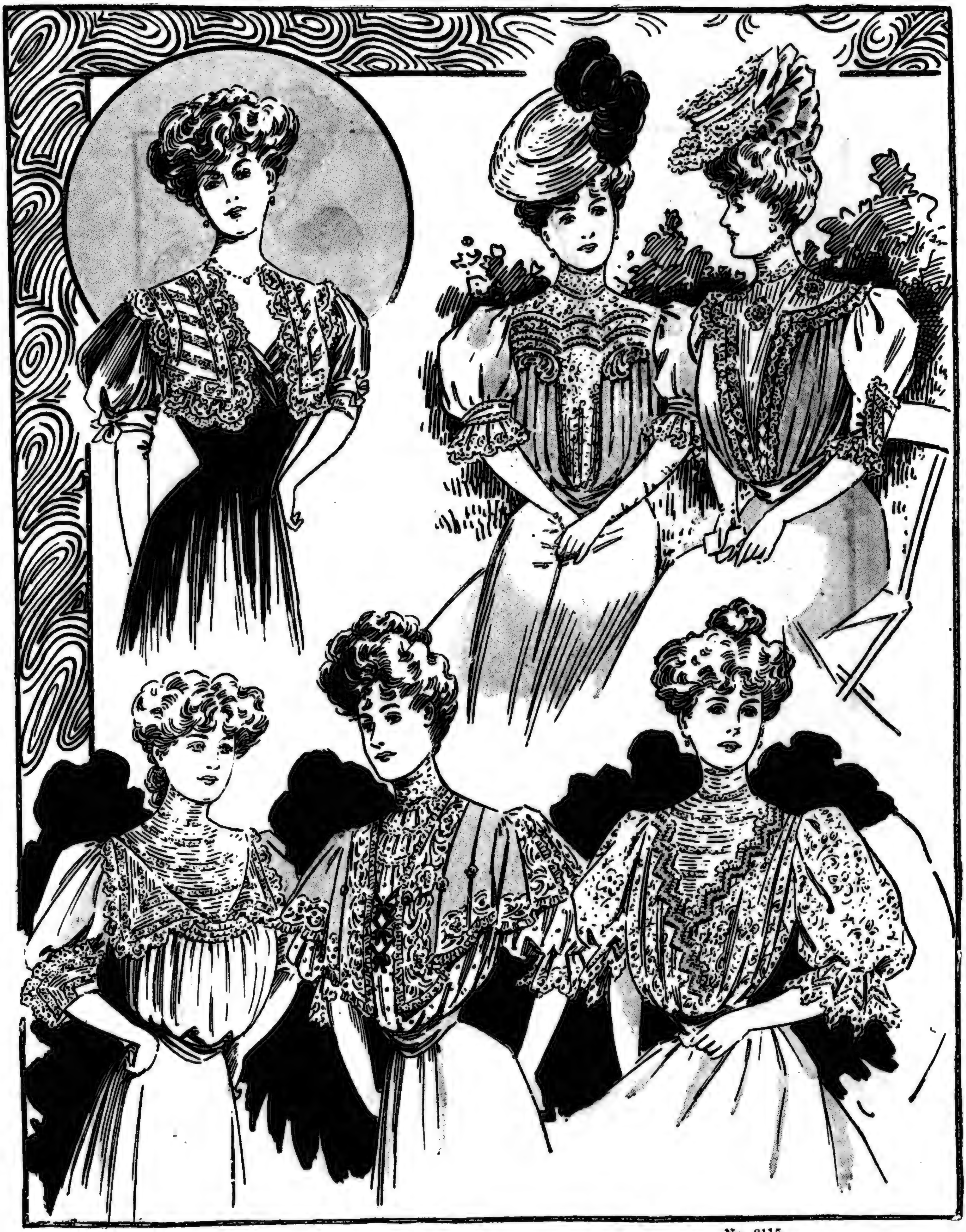


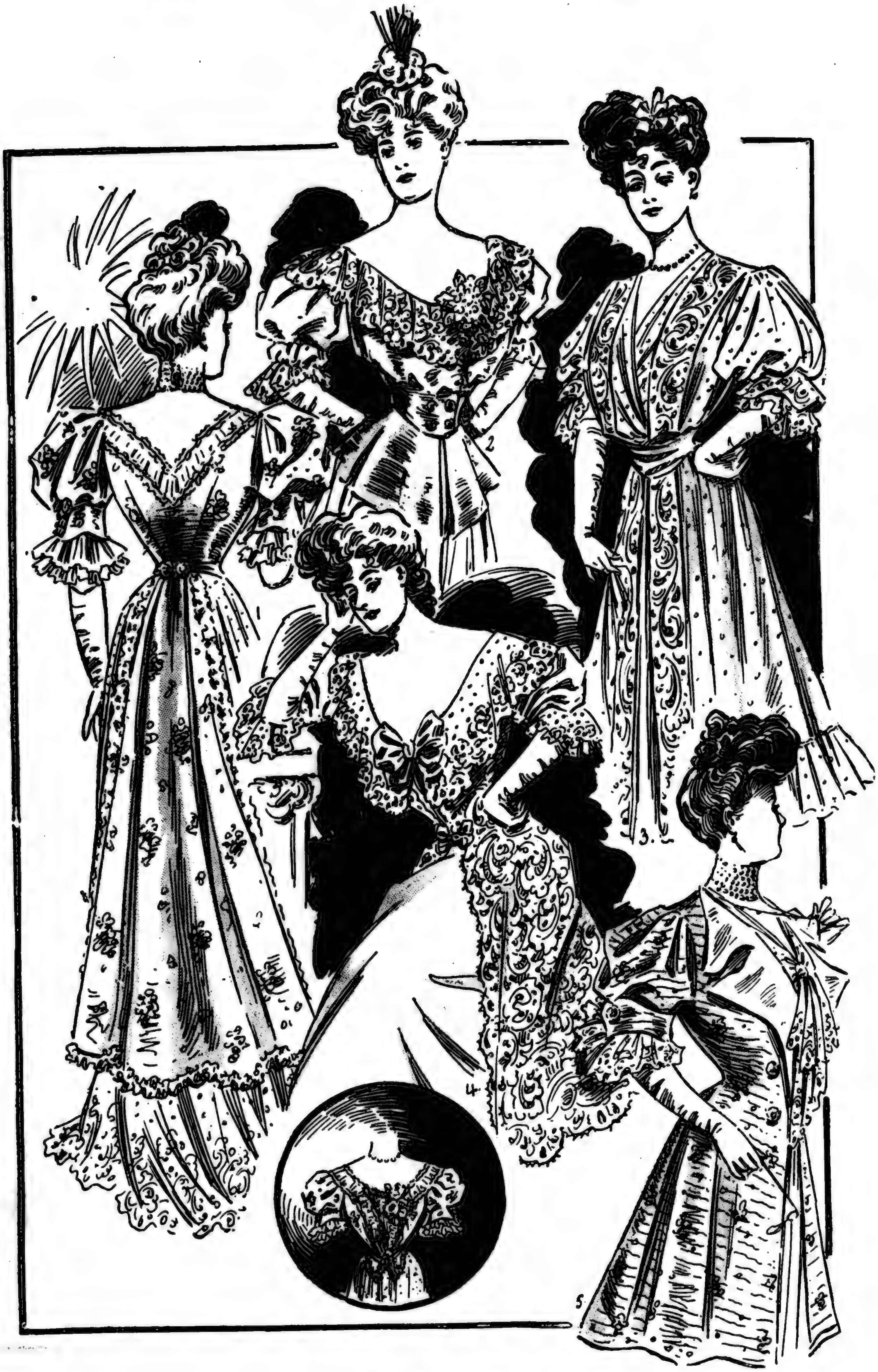
No. 6118 No. 6114 No. 6115

SMART AFTERNOON AND DEMI TOILETTE BLOUSES.

For Description see Pages 30 to 34.

Price of Paper Patterns, each 6½d., post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

No. 6116a No. 6116 No. 6117



No. 6118a No. 6118

NOVELTIES IN DINNER COATS.

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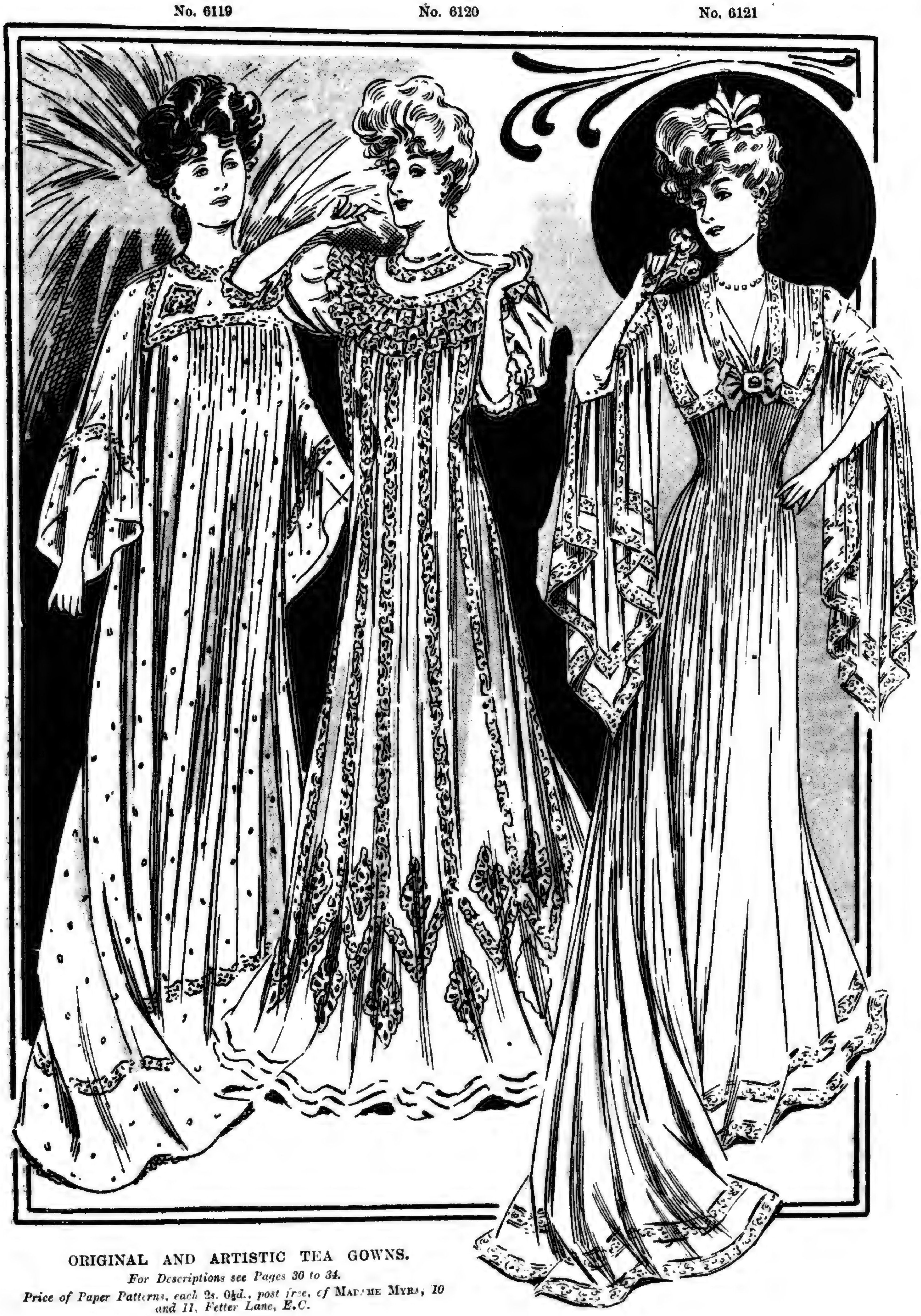
Price of Paper Patterns, Long Coats, each 1s. 0½d.; the Shorter Models, each 6½d., post free of Madame Myra, *10 and 11, Fetter Lane, E.C.*


No. 6119
No. 6120
No. 6121

ORIGINAL AND ARTISTIC TEA GOWNS.

For Descriptions see Pages 30 to 34.

Price of Paper Patterns, each 2s. 0½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

Descriptions of the Free Patterns.

A FOUR-GORE LINEN SKIRT (STRAPPED WITH SPOTTED COTTON).

THIS charming model is cut in four gores. There is a box pleat at the back and the front pleats simulate a front box-pleat. The trimming consists of curved straps cut in spotted cotton stitched on the linen before the tablier seams are sewn. A pearl or metal button decorates the curved end of each strap.

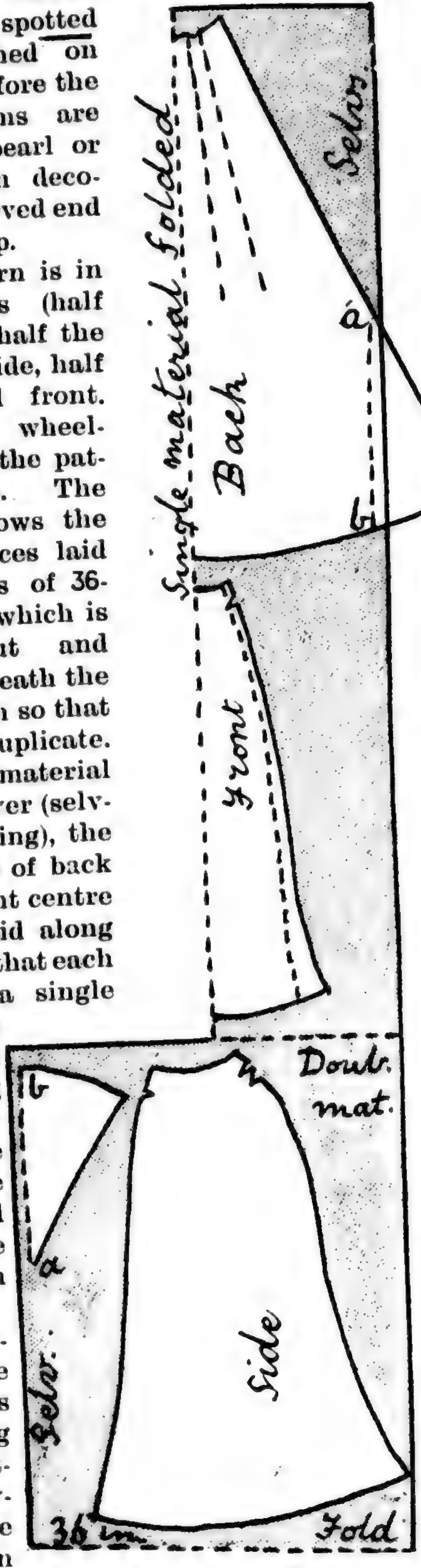


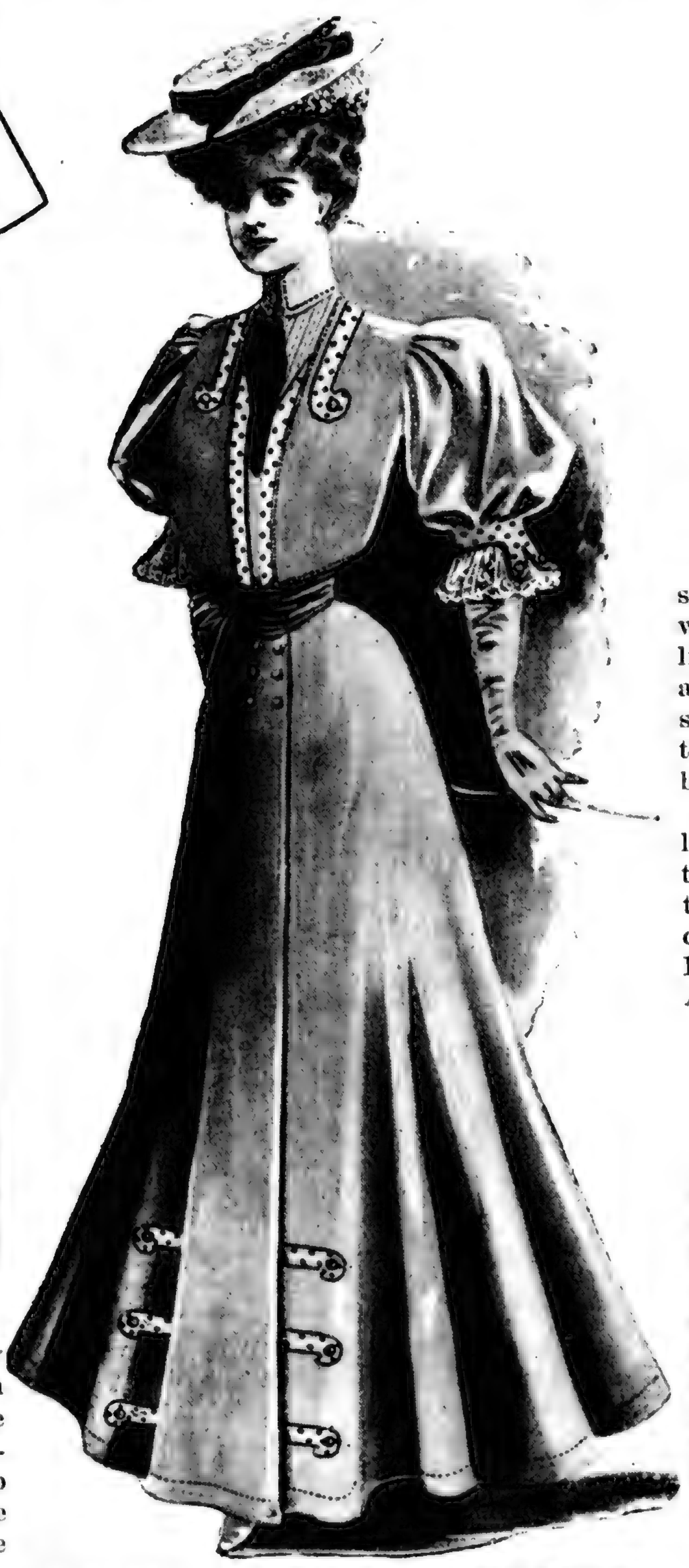
Diagram of Skirt Pattern.

The pattern is in three pieces (half the skirt); half the back, one side, half the pleated front. Pleats are wheel-marked on the pattern pieces. The diagram shows the pattern pieces laid on 5½ yards of 36-inch linen, which is opened out and doubled beneath the side breadth so that it is cut in duplicate. The single material is folded over (selvedges meeting), the back centre of back and the front centre of front laid along the fold, so that each is cut in a single piece. The material not being sufficiently wide for the complete back, added corners are seamed on at *a b*.

Tack together the 4 breadths according to the notches, leaving the opening in the left single notch seam. Arrange the pleats and try on. Stitch on the spotted straps and stitch the seams. Stitch the hem. Re-arrange the pleats and secure them inside by stitching the material together. Bind the top with a bias band of linen, and fell the opening edges with linen bands. Close with hooks and eyes. The pocket can be inserted in the right front pleat (single notch seam). Turn up the lower edge. Cut from the waste a false hem and stitch it on. Linen does not make a good circular hem when merely turned up, as it cannot be shrunk to straps like cloth and tweed. Large pearl buttons decorate the tablier.

LINEN BOLERO, STRAPPED WITH SPOTTED COTTON.

To match the skirt just described, a pretty little model, with the fashionable added waistcoat front. The pattern is in six pieces —half the back, one front, one sleeve, one waistcoat front, one strap cuff, one sleeve lining. The diagram shows the pattern pieces laid on 2¼ yards of 36-inch linen, which is opened out and is doubled beneath the sleeve pattern, so that it is cut in duplicate.



PLEATED SKIRT AND SMART BOLERO OF STRAPPED LINEN.

For Description see this Page.

The Cut-out Paper Patterns of this Skirt and this Bolero are Given Away with this Number.

The single material is folded (selvedges meeting), so that front is cut in duplicate. The back centre of back is laid on the fold, so that it is cut in a single piece. Cut the waistcoat front, and cuff in spotted cotton, lined with batiste or the linen (cut from the waste).

Tack together back, two fronts, and waistcoat fronts, according to the notches. The fronts lap over the waistcoat (lap is given in the pattern). Try on. Stitch and press the seams. Stitch the edge of coat. Line the waistcoat fronts with linen, putting an interlining down front edges. Close with hooks and eyes. Strap the neck (to match the skirt) with crossed bands of spotted cotton, the curved ends held with buttons. (For back view, see page 34.)

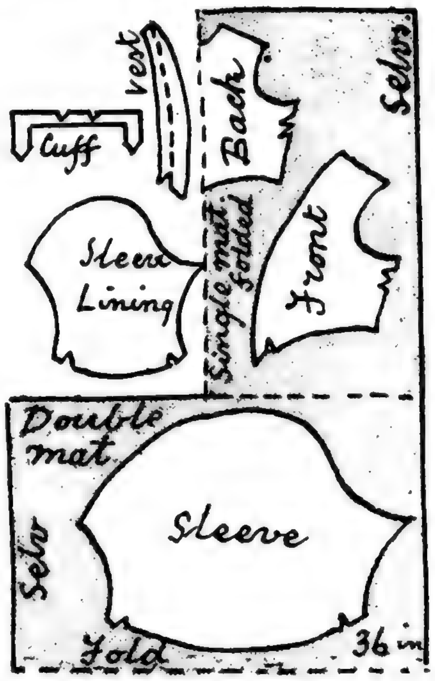


Diagram of Bolero Pattern.

Seam the sleeve. Arrange it on the seamed lining, and sew into the lined cuff, according to the notches. Pleat into the armhole on the wearer. Stitch and bind the seam. The cuff is of the spotted cotton, of which Messrs. Lutas Leathley (Summer Department, 40, Armley, Leeds) have an attractive selection.

ORLWOOLA BLOUSE FOR A GIRL OF FOURTEEN.

The pattern is in three pieces (half the blouse): half the front, one back (the right back, cut with central box-pleat), one sleeve. The front is tucked, the tucks being wheel-marked on front pattern. The diagram shows the pattern pieces laid on 3¼ yards of 31 inch Orlwoola, which is opened out and double beneath the sleeve pattern, so that it is cut in duplicate. If the material has a non-reversible design do not fold it, but cut it and lay breadths face to face, design corresponding in both.

Tuck the front and strap it with 2-inch valenciennes insertion. Arrange the box-pleat of right back (left front is simply hemmed, without pleat). Tack together front and backs. Seam the shoulder and under arm seams (neat run-and-fell seams.)

Beckenham, Kent.—"I have been a subscriber for seventeen years and think that your fashions are the best."—K. N

Hem the lower edge. Make buttonholes in a lined strap stitched beneath the box-pleat, and sew pearl buttons down the hem of left back.

The Orlwoola can be cut away beneath the lace. Bind the neck and stitch on a 12-inch band of lace insertion which hooks at the back.

Seam the sleeve, leaving a little at the end for an opening which is hemmed. Gather the lower edge into 6 inches, bind it and stitch on a 6-inch band of lace, which closes with hooks and worked loops.

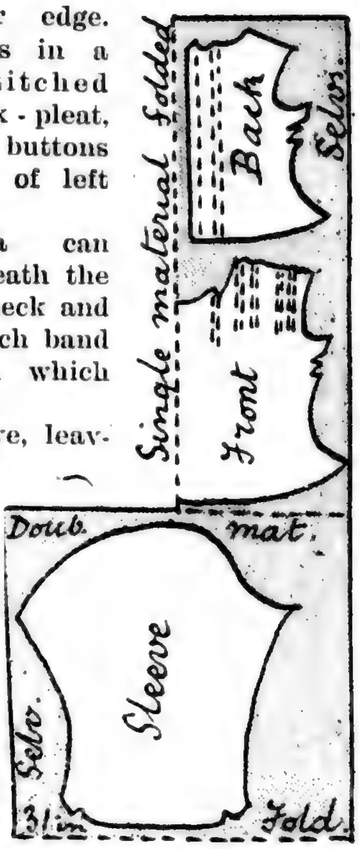


DIAGRAM OF BLOUSE PATTERN.

ORIGINAL BLOUSE SLEEVE.

This exceedingly pretty model is specially adapted for transparent lace or net blouses. The pattern is in two pieces: one sleeve, one sleeve lining. The diagram shows the pattern laid on 1½ yards 36in. net, which is opened out, and is double, so that the pattern is cut in duplicate. If the net has a non-reversible design, do not fold it, but cut it and lay breadths face to face, the direction of design coinciding in both.

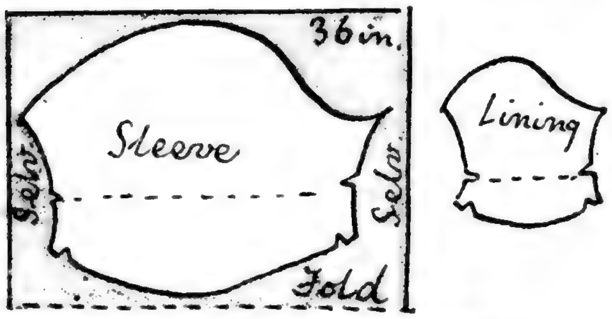


DIAGRAM OF SLEEVE PATTERN.

Seam the lining (it should be transparent or very light); seam the sleeve, and arrange it on the lining in two puffs, according to the notches. Two bands of lace insertion are arranged along the edge of first puff and along the lower edge, so that they meet at the nner seam and leave the larger puffs drooping between them at the back.

MYRA'S PAPER PATTERNS.

Madame Myra, 10 and 11, Fetter Lane, E.C., will cut to measure the pattern of any dress or mantle illustration sent to her for 1s 6½d (plain skirt or bodice, or short coat). Pleated or tucked styles cost according to complications; of a Princess or Empire gown the pattern would cost from 2s. 6½d., post free.

Personal Appearance.

HOW TO MAKE IT MORE ATTRACTIVE.

BY MISTRESS ANNE PAGE.

CHAPTER IV.

MASSAGE.

(Continued from our May issue.)

AFTER the face has been cleansed in that emollient water, and properly dried, continue the treatment in the following way:—

(b) Spread a little of the Massage-cream all over the face and the top of the neck, and tap and pat it in with the hands in an upward direction from under the chin to the ear-lobes, and again from under the chin to the hair-line at the forehead. Continue this for five minutes, then wipe off with a soft towel all cream that remains on the surface of the skin, going always in the same directions as in the hand-massage.

(c) Now take about a tablespoonful of the Lotion in a saucer, and in this dip a piece of soft old cambric, and then with this "rag" well wash the face once more, going again, as always, in those upward directions.

(d) Lastly, take the Massage Roller, and, beginning under the chin, roll first towards the right ear ten times (always beginning under the chin and rolling one way, but never "backwards and forwards"), and then do the other side, rolling towards th left ear.

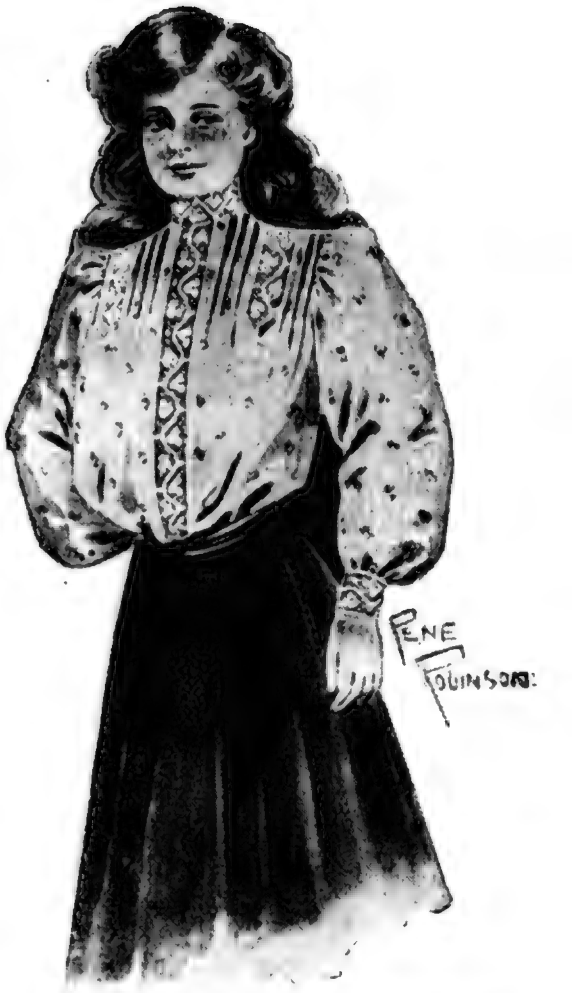
Next, begin to roll from that point under the chin where the cheeks usually bag down in middle-aged women who have neglected beauty-culture, and take the roller right up through what would be the hollows of the cheeks in a thin face, of course doing one side at a time, and repeating from eight to twelve times.

Then take the roller from the ear-lobe, on each side in turn, and roll it round the cheek towards the nose, down beside the mouth, under the jawbone, and so back again to the earlobe. Repeat ten times on each side.

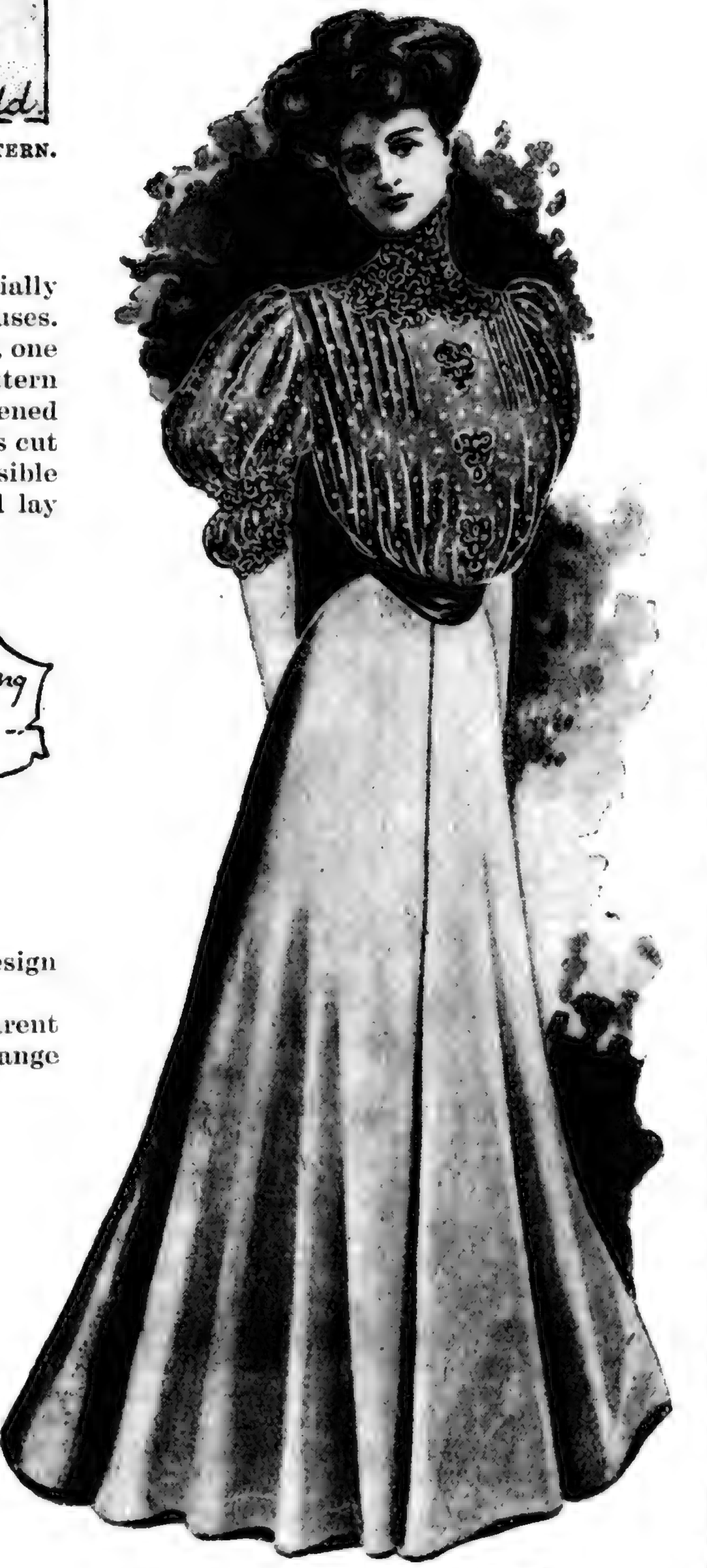
Roll the nose from the middle line towards the cheek on each side, five times; then roll very gently across the closed eyelids from the inner angle outwards towards the temples, three times each lid, and finally take the roller across the forehead from temple to temple, first from the right to the left three times, and then from the left to the right three times.

These movements must all be made so gently, and with such even pressure, that the skin will not be stretched at all, and when the massage is finished the face is again to be bathed with a little of the Lotion, and softly dried. Next month I will speak of massage of the figure for health and beauty.

(To be continued.)



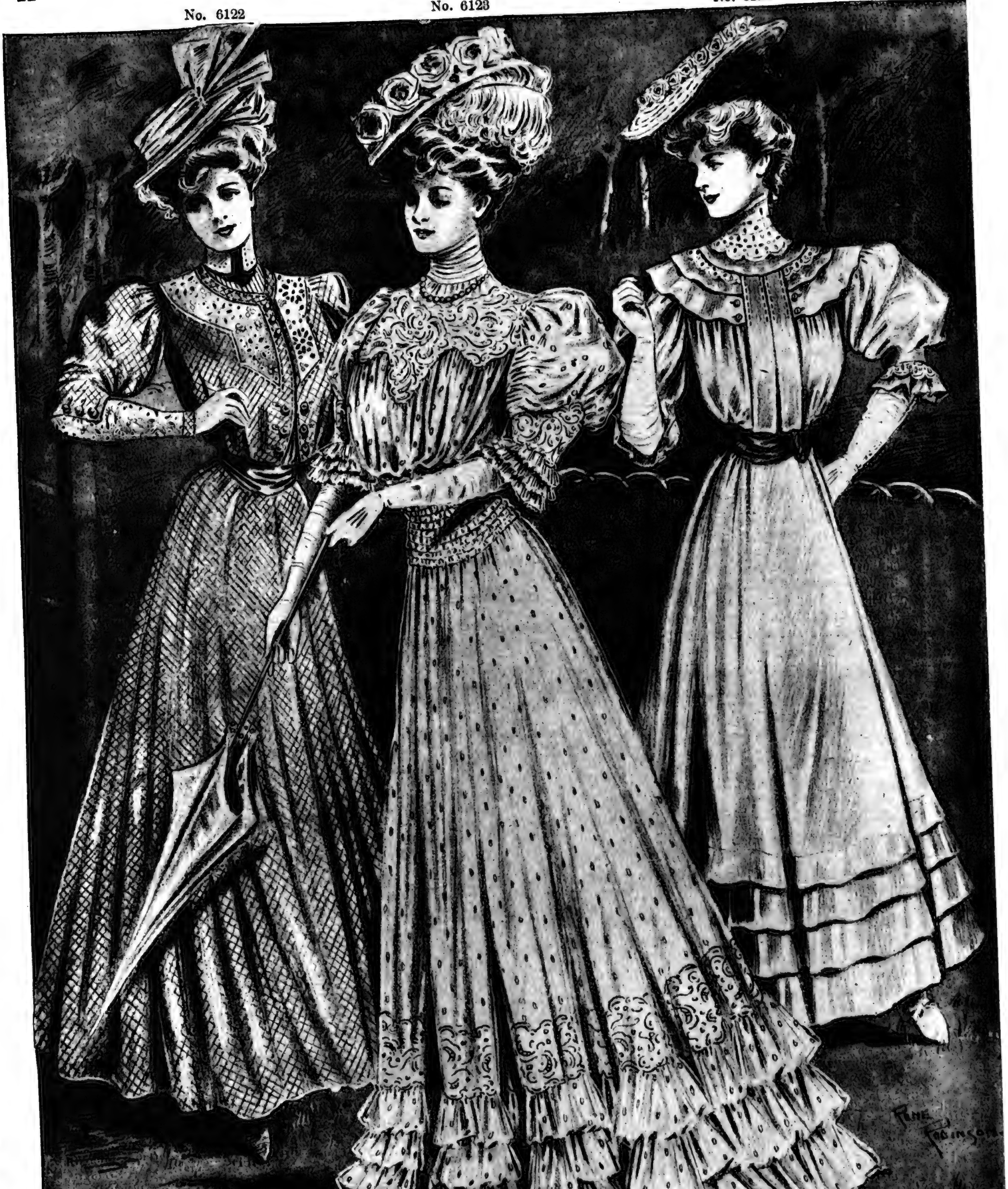
GIRL'S "ORLWOOLA" BLOUSE.
For Description see this Page.
THE CUT-OUT PAPER PATTERN OF THIS BLOUSE IS GIVEN FREE WITH THIS NUMBER.



LOVELY AFTERNOON BLOUSE.
For Descriptions see this Page.
THE CUT-OUT PAPER PATTERN OF THIS BLOUSE SLEEVE IS GIVEN FREE WITH THIS NUMBER.

"Pattern is as usual by you, so well cut."—N. F.

No. 6122 No. 6123 No. 6124

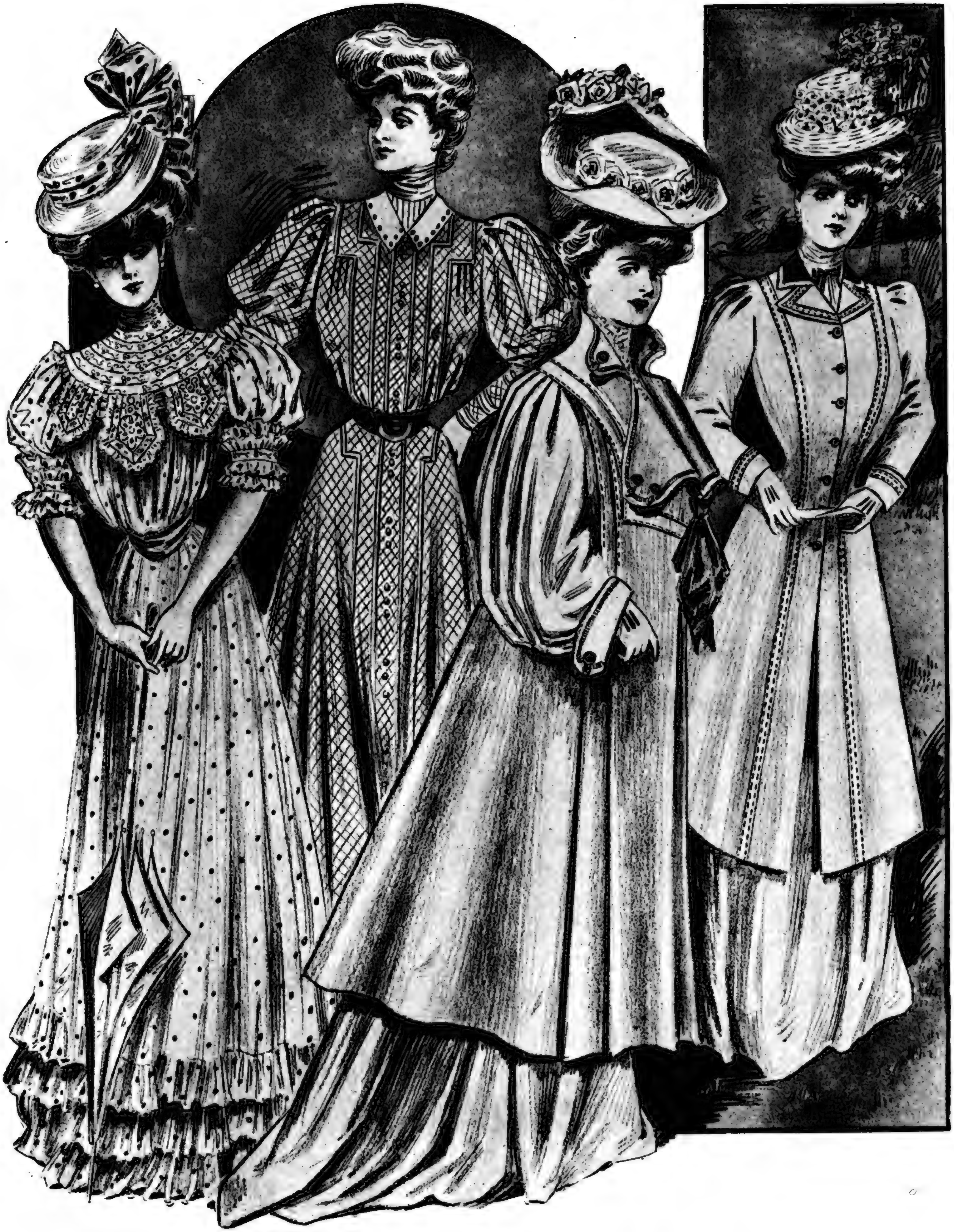


DAINTY STYLES FOR THE NEW COTTONS AND MUSLINS.

For Description see Pages 30 to 34.

Price of Paper Patterns, Skirts, Foundation Skirts, or Bodices, each 6½d., post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

No. 6125 No. 6126 No. 6127 No. 6128

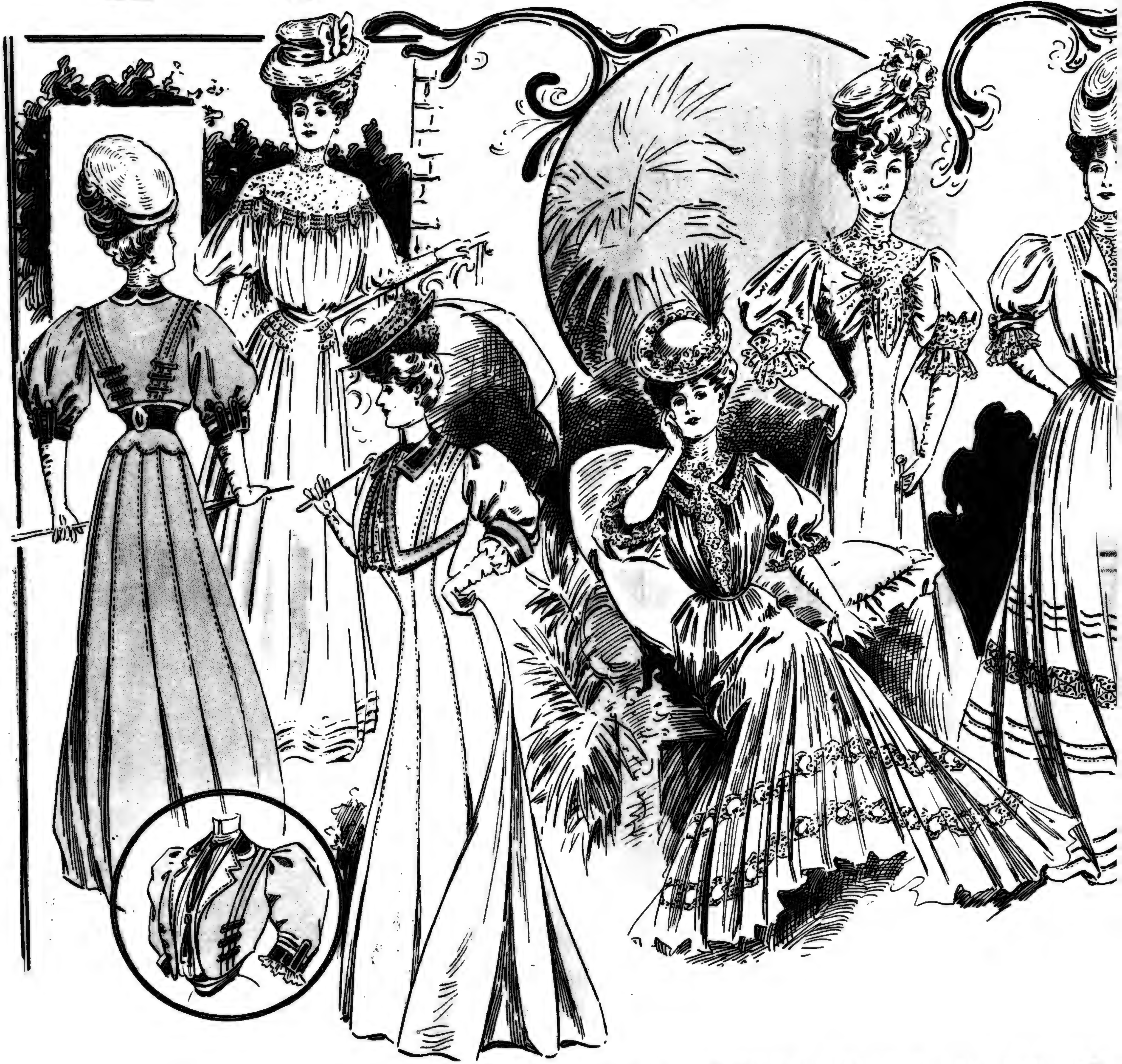


MUSLIN AND COTTON FROCKS. RACE WRAP AND TAILOR GOWN.

For Description see Pages 30 to 34.

Price of Paper Patterns, Long Coats, each 1s. 0½*d.; Skirts, Foundation Skirts, or Bodices, each* 6½*d., post free, of* Madame Myra, *10 and 11, Fetter Lane, E.C.*

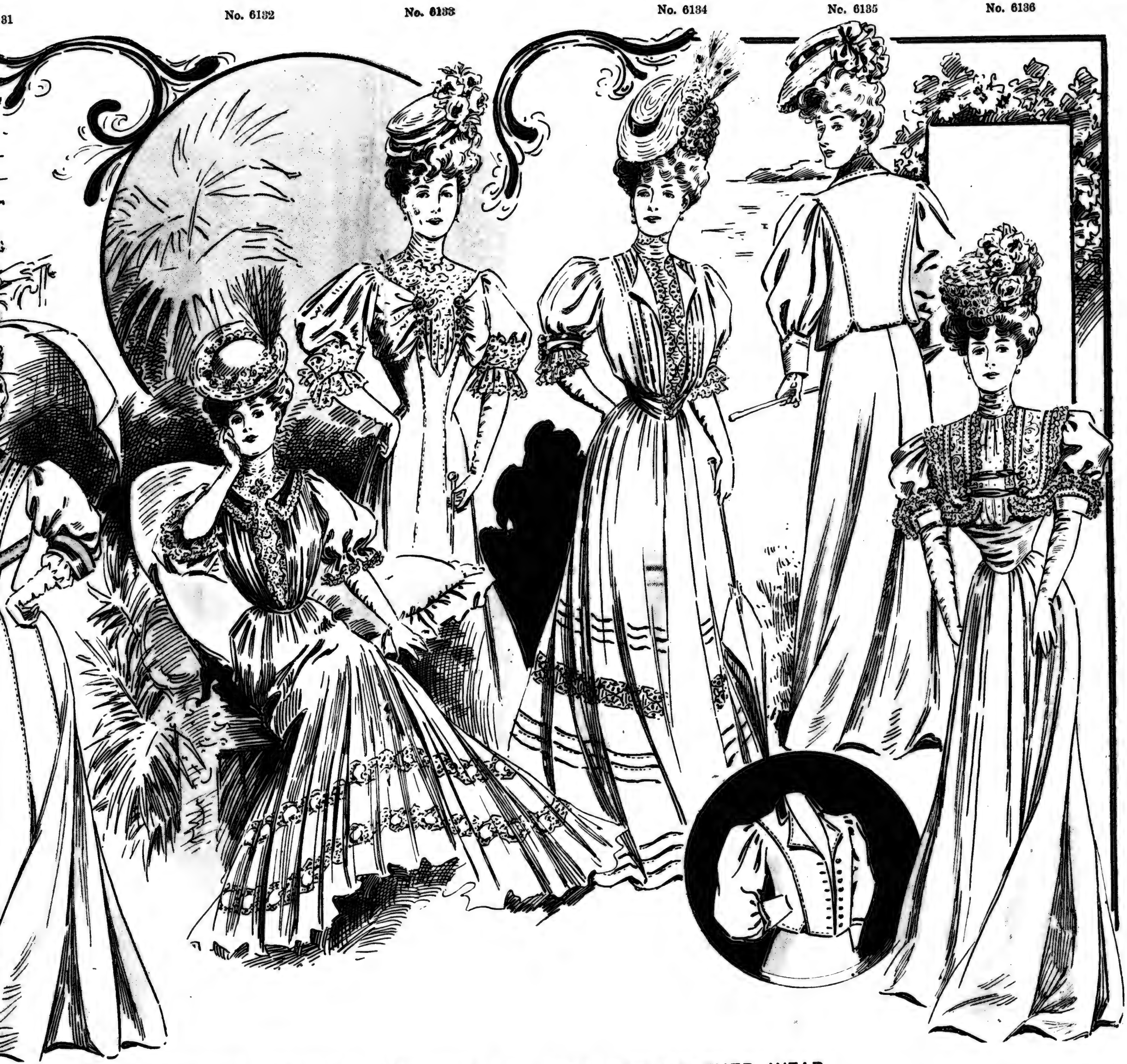
No. 6129 No. 6130 No. 6131 No. 6132 No. 6133 N



CHARMING GOWNS IN WOOLLEN, WASHING MATERIALS, ETC., FOR HOT-

For Descriptions see Pages 30 to 34.

Price of Paper Patterns, Princess Gowns, each 2s. 0½d.; *Corselet Skirts, and Pleated Skirts, each* 1s. 0½d.; *Skirts, Foundation Skirts, Bodices, Coats, each* 6½


31
No. 6132
No. 6133
No. 6134
No. 6135
No. 6136

G GOWNS IN WOOLLEN, WASHING MATERIALS, ETC., FOR HOT-WEATHER WEAR.

For Descriptions see Pages 30 to 34.

2s. 0½d.; *Corselet Skirts, and Pleated Skirts, each* 1s. 0½d.; *Skirts, Foundation Skirts, Bodices, Coats, each* 6½d., *post free, of* MADAME MYRA, 10 *and* 11 *Fetter Lane, E.C.*

A Chat About Trousseaux.

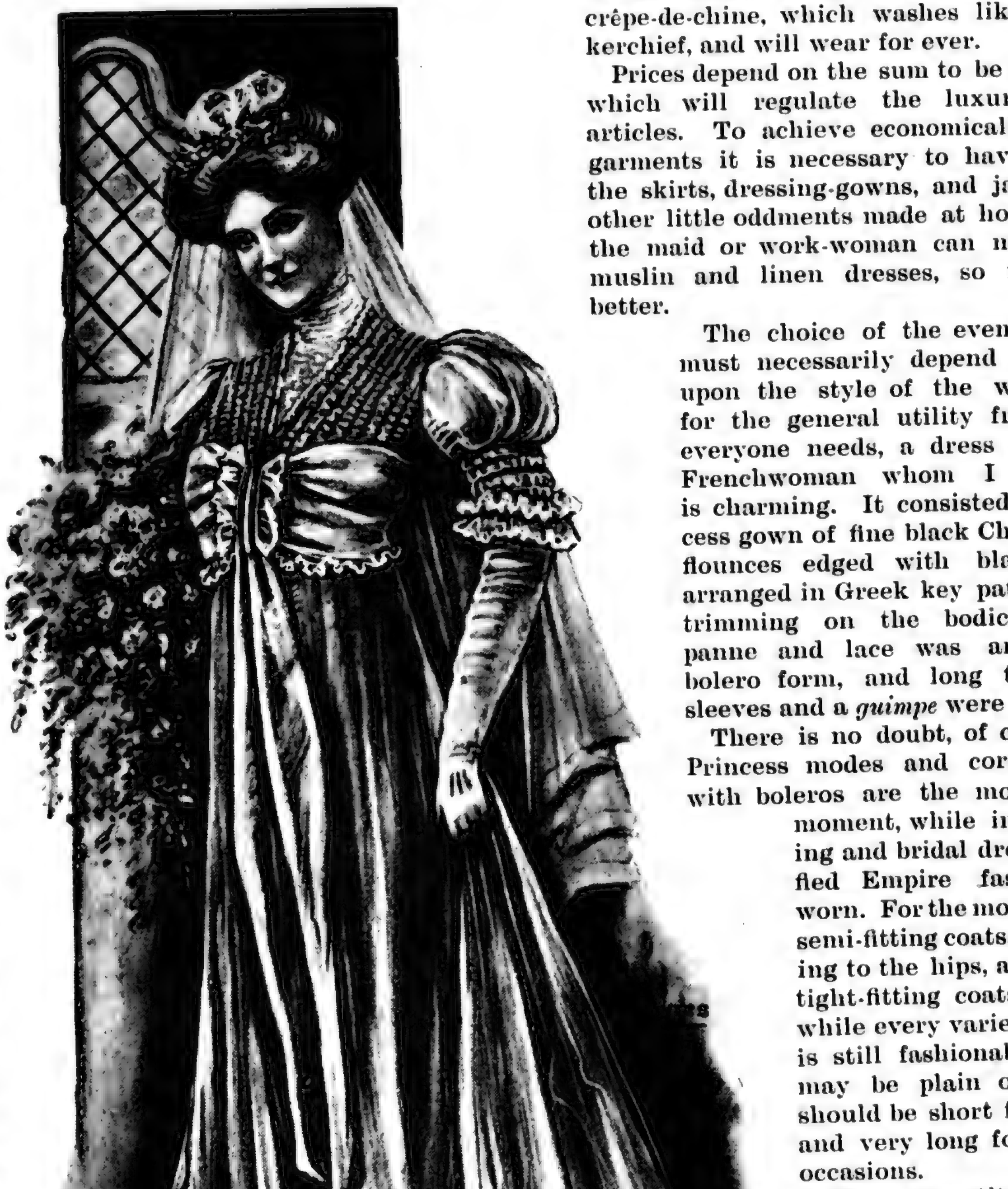
We will take it that our bride has four of each undergarment in perfect condition, one pair of stays, one white petticoat, and one dark silk petticoat, a rough tailor-made, a waterproof, a blouse or two, one hat, and one good evening dress to form the foundation of her trousseau. The remainder of her wardrobe she can divide amongst her younger sisters or give away.

Under these circumstances the following list seems suitable:—

Wedding dress (to serve later as a best dinner dress), black evening gown, coloured evening gown, fourth evening gown (not new), teagown or bridge frock, going-away gown, smart tailor-made gown, 1 muslin dress, 1 linen dress, rough tailor-made gown (not new), 4 blouses and 2 slip bodices, 2 blouses and 2 shirts (not new), evening cloak (of a kind which also serves for smart afternoon wear), warm driving or travelling coat, light dust coat, furs (according to means), feather boa; 4 hats; 1 travelling toque, 1 best hat, 1 smart hat, 1 morning hat (not new); gloves, veils, belts, hair ornaments and oddments; 2 pairs of stays, 4 petticoats (2 not new); 12 of each kind of undergarment, 2 pairs knickerbockers (one of satin, 4 of each undergarment, not new), dressing-gown, 2 dressing-jackets, 2 pairs silk stockings, 12 pairs Lisle thread or cashmere stockings (some embroidered), 2 pairs boots, 2 pairs walking shoes, 2 pairs house shoes, 2 pairs satin shoes.

The underwear should be of fine white cambric, embroidered, and guileless of any lace. The drawers are all made with wide French legs, and the frills of embroidery are eased into bands of embroidery threaded with ribbon. The chemises, nightdresses and cache-corsets should all be made to match, and all the ribbons should be either pink, blue, or mauve, the colour of the stays being chosen to suit the ribbons. I would have no best underwear; all should be simple but very good of its kind. The satin knickerbockers should be black, with removable washing linings, and the knees threaded with ribbon to match the stays. A really good quality of satin washes well, so that the knickers themselves can visit the laundress from time to time. Some people prefer woven black silk drawers rather than cotton or woollen knickers for walking, and these, of course, may be substituted. Of the slip-bodices to wear with blouses, one should be of glacé and one of sateen. These last wash well, and serve for wearing with any but very transparent blouses. They should not be boned, and they fit best when fastened down the back. The only trimming required is a lace beading threaded with ribbon at the neck, and to edge the sleeves if the latter are short.

The dressing-gown should repeat the colour chosen for the stays and ribbons. For a summer gown nothing is prettier or more durable than an Empire gown of white brilliant or fine-striped dimity trimmed with embroidery. An insertion threaded with a wide ribbon should outline the high waist. For a wintry gown, if its wearer lives in London or any other dirty town, I suggest a simple gown of the Japanese order, of a good black cashmere, turned back with a removable rever, and cuffs of silk to match the under things, and embroidered with the monogram in black on the left side. If our bride is to live in the country, a pale-coloured cashmere gown will be allowable. I advise cashmere because it washes well. For dressing-gown and jacket (also of cashmere, and made to match the gown), cape collars of broderie Anglaise wear and wash better than any other. A second jacket could match the thin dressing-gown, and if that is not made of brilliant, there is no better material than a substantial washing silk, or if the outlay could be afforded, a thick crêpe-de-chine, which washes like a handkerchief, and will wear for ever.



No. 6137.—EMPIRE BRIDAL GOWN.

For Description See Pages 30 to 34.

Price of Paper Pattern, 2s. 0½d. post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

Prices depend on the sum to be expended, which will regulate the luxury of the articles. To achieve economically all the garments it is necessary to have some of the skirts, dressing-gowns, and jackets and other little oddments made at home, and if the maid or work-woman can manage the muslin and linen dresses, so much the better.

The choice of the evening gowns must necessarily depend somewhat upon the style of the wearer, but for the general utility frock which everyone needs, a dress worn by a Frenchwoman whom I lately met is charming. It consisted of a Princess gown of fine black Chantilly, the flounces edged with black velvet arranged in Greek key pattern. The trimming on the bodice of black panne and lace was arranged in bolero form, and long transparent sleeves and a *guimpe* were worn.

There is no doubt, of course, that Princess modes and corselet skirts with boleros are the modes of the moment, while in the evening and bridal dresses modified Empire fashions are worn. For the morning short semi-fitting coats, just reaching to the hips, and the long tight-fitting coats are worn, while every variety of bolero is still fashionable. Skirts may be plain or full, and should be short for walking, and very long for all other occasions.

These quantities allowed would be required for even a more modest trousseau—say of a hundred pounds.

It may safely be said that while some girls would rejoice in the prospect of having so large a fortune to disburse as a hundred pounds, others would lament

"Both the Patterns and Reading are very nice."—N. B.

a fate which compelled them to equip themselves for married life on so inadequate a sum.

Girls who are in the habit of spending a hundred a year upon dress alone would belong to the latter category, while the possessor of a yearly allowance of let us say. forty pounds, would be counted in all probability among the former. It need scarcely be added that a talent for needlework, for making *lingéric* and blouses, for hat trimming and renovation, will give untold advantages to the girl who possesses it, and her trousseau may even be provided with less money than a hundred pounds, leaving her a small nest egg, out of which she can keep her wardrobe in order for the first few months or with which she can start a fur fund or a reserve for contingencies of all sorts.

We will suppose that the bride-elect whose trousseau is to cost not more than one hundred pounds is about to marry on an income varying from £500 to £800 a year, and who may have a dress allowance of fifty or sixty pounds a year.

If she takes a really keen interest in her attire, she will make up her mind that a good supply of underclothes, petticoats, boots and shoes and hosiery shall be the principal part of the trousseau. If, on the other hand, she be a foolish young woman, she will probably spend all her money and efforts on elaborate gowns thoroughly unsuited to her walk in life, while her *lingéric* will be of the cheap and nasty kind, which is richly embellished with cheap lace run through with yards of impossible ribbon. The bride reflects that as she will in all probability not be married again, she will wear a white dress and will be accompanied by four bridesmaids. Her going-away dress is to be a pretty bolero and skirt of tweed, which shall be smart-looking yet inconspicuous, and with it she intends to wear a flower-trimmed hat of Tagal straw.

The trousseau will be bought almost entirely from shops and dressmakers, but the muslin *négligée*, blouses and a few petticoats will be made in the house, with the assistance of a needlewoman, who charges half a crown a day for her services.

If the bride-elect is content with six of every under-garment new, then she will make a saving, and will put the money towards a fur fund or next winter's coat and skirt.

If, on the other hand, she is to marry and go with a soldier-husband to India, she will get plainer things, but will want all the number; or she may like to take out some lengths of cambric to have it made up out there.

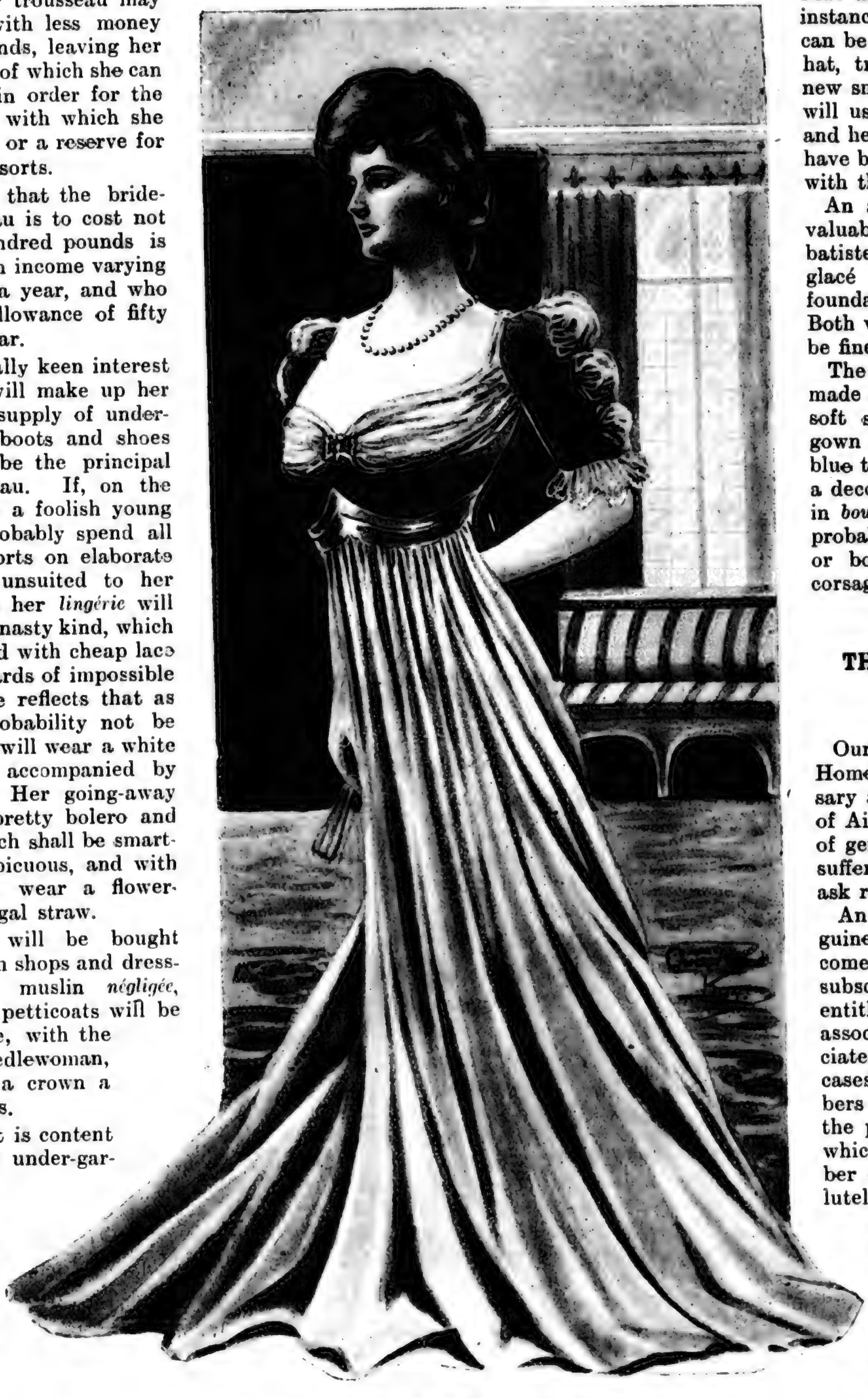
Whatever number it is decided to buy, the washing bill and the perishable nature of cheap lace should be considered.

If combinations are preferred to knickers and chemises, the cost of them may be estimated as being a little less than double the price of the two separate garments.

The choice of the wedding gown is not a very difficult matter, for a simple style always looks best and carries the least date. A picturesque style, made with a draped front and cut in Princess shape, always looks charming; or a simple fold-over bodice and a well-gored skirt can also be adapted. The bodice should be made so that when the chemisette is removed, the *décolletage* is ready for immediate use, and the bride will be wise if she avoids having too long a train to her gown, two yards, counting from the waistband, being ample length. The going-away gown can be of any pretty spring tweed, made with a bolero braided in self-colour. Blue and white shepherd's plaid, for instance, looks exceedingly smart, and can be worn with a dark blue straw hat, trimmed with bunches of the new small red roses. With this she will use an *en-tout-cas* of dark blue, and her travelling coat of tweed will have been chosen so as to harmonise with the *tout ensemble.*

An afternoon gown of voile is a valuable asset. It can be made over batiste, flounced at the hem with glacé flounces, or perhaps an old foundation can be requisitioned. Both voile and lace trimmings should be fine and good.

The black evening gown can be made of ring spot net trimmed with soft satin, or a soft satin picture gown might be more useful, of pale blue taffetas very simply made, with a decoration to the skirt carried out in *bouillonnées.* The bride-elect will probably possess a pretty lace bertha or bordering which will trim the corsage.



No. 6138.—EMPIRE EVENING GOWN.

For Descriptions see Pages 30 to 34.

Price of Paper Pattern, 2s. 0½d., post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C*

THE GUILD OF AID FOR GENTLEPEOPLE.

Our contemporary, "Hearth and Home," has undertaken a truly necessary and excellent task in its "Guild of Aid" to assist distressed persons of gentle birth, the very class which suffers in silence, and is too proud to ask relief.

An annual subscription of one guinea entitles a subscriber to become a member of the Guild, while a subscription of any sum over 2s. 6d. entitles the sender to become an associate. Both members and associates are entitled to recommend cases, those recommended by members being given precedence, and for the present no cases are considered which are not introduced by a member or by an associate. It is absolutely necessary that each case should be vouched for by two responsible persons whose names may be published.

Many of our readers must know of sad cases which come within the scope of "The Guild of Aid for Gentlepeople." The best means they have of helping them is to assist in making the Guild widely known, so that associates and members may multiply and increase their good works.

'My sisters . . . have recommended me to try your patterns as being so thoroughly satisfactory in every respect."—A. M. R.

Practical Dressmaking for Home Workers.

A SLEEVELESS BOLERO.

Everybody requires one of these pretty little coats, which should be of the skirt material, or of silk of the same colour. It is generally sleeveless, and is very cool. But, worn over a blouse, it supplies the present requirement for a strict match of the upper and under part of a dress. Such a bolero is equally adapted for outdoor or indoor wear.

The pattern is in two pieces—half the back, one front. If cut in double-width material, it is advisable to have no seam under the arms, as shown in the diagram. Cut out in any odd piece of lining, in order to get a correct fit. Then correct your pattern to the right size, and pin the two pieces together on the folded material, as shown in the diagram. Half a yard double-width material is enough.

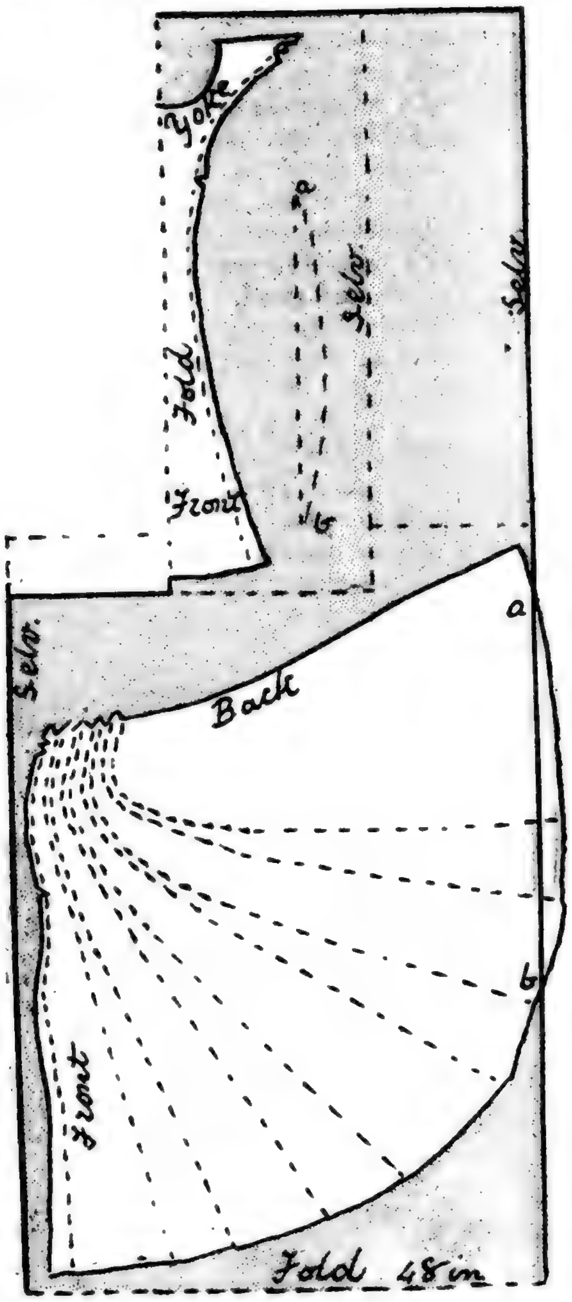


Diagram of Skirt Pattern.
For illustration, see No. 6090, p. 10.

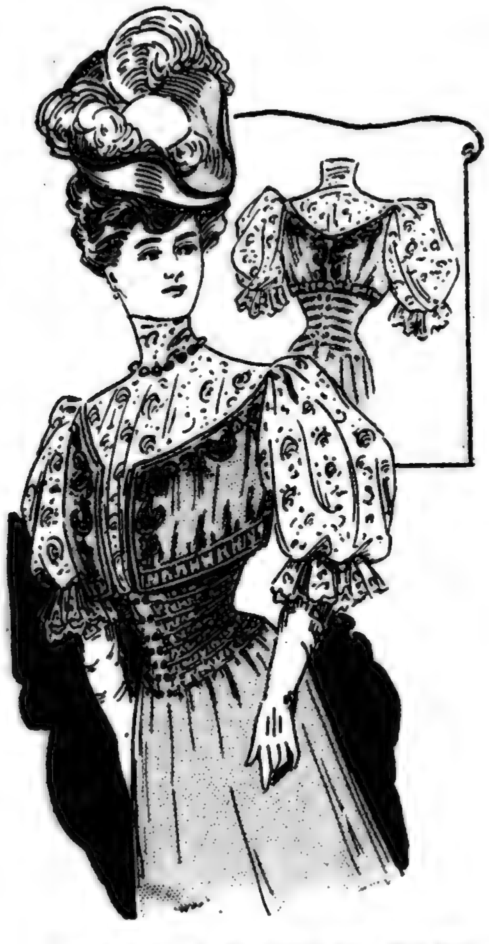
The shoulder straps are seamed. The top and fronts are piped, or otherwise decorated, and the lower part is drawn up on two cords to fit the figure easily. There are no fastenings, no lining. A few lead "dumps," covered with the material, weight the lower edge to prevent its rucking up the figure. The armholes are piped. The top and front are decorated with velvet or lace appliqués.

This bolero looks extremely well in the pretty washing materials of which such a charming selection can be had from Christopher Williamson, Fabrics Department, 91, Edgware Road, W. It should be worn with a full skirt drawn up on cords at the hip.

AN ORIGINAL PLEATED SKIRT.

(For illustrations see No. 6090, page 10.)

This should be of one of the new summer woollen materials. It is cut in three pieces—the tablier (cut with hip-yoke, which closes at the back) and two pleated sides. The pattern is in two pieces—half the tablier (with half the yoke), one pleated side. The pleats are wheelmarked on side breadth—they become much smaller, mere tucks, as as they rise to cross the hip and meet at the back. The first pleat is a mere lap of the tablier and yoke over the side breadth, developing into a pleat below the knees.



No. 6139. A Sleeveless Bolero.
For description see this page.
Price of Paper Pattern, 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

Arrange the side into the yoke and tablier according to the double and single notches. Arrange the pleats, which can be stitched down from back to the knees in front, or the material can be sewn together inside the pleats. Make the back seam after the pleats are arranged, and fit the skirt by means of this seam—the shape of yoke and the junction of front and side breadth should not be interfered with. The false hem at the lower edge is simply felled invisibly from the back—the French hem. The yoke and tablier should be lined, as the fall of the skirt depends on this piece, but the lining should be light, silk or moirette, as the whole skirt is worn over a separate foundation skirt. The top edge is bound for strength and neatness. The opening of course is in the back seam. The pocket opening can be cut in one of the pleats on the right.

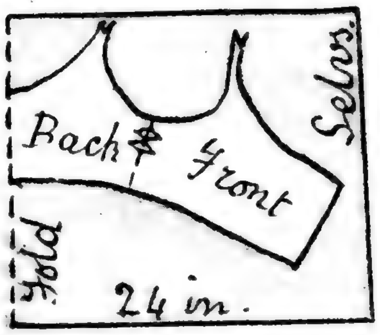


Diagram of Bolero Pattern.

The diagram shows the pattern pieces laid on 4½ yards 48-inch material, which is doubled beneath the side breadth, so that it is cut in duplicate. The single material is folded over for the tablier. The skirt cuts with some waste so people are not inclined to buy 54-inch material, though a 48-inch fabric is just too narrow to take the entire side breadths, and a little piece at the hem has to be seamed on at *a b*. The material over will make the false hem.

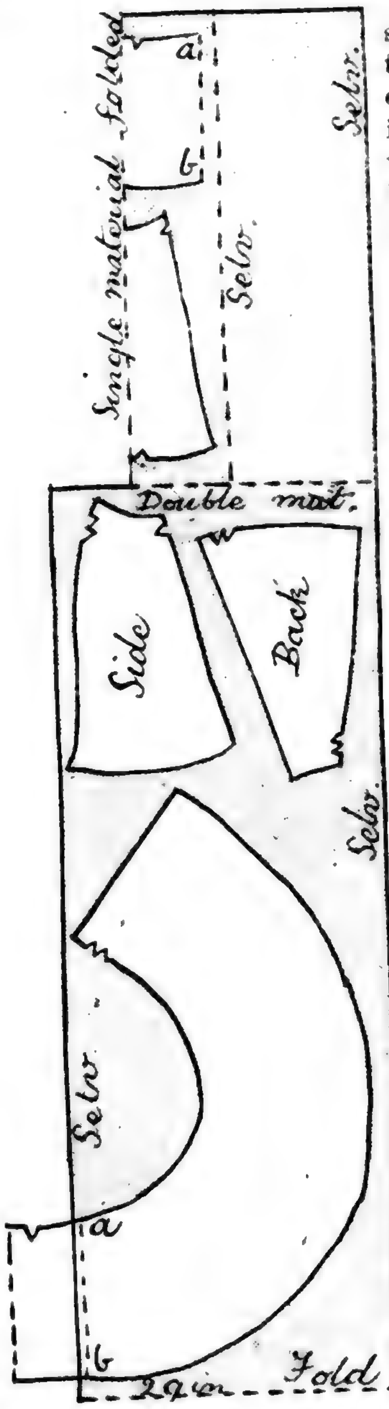


Diagram of Petticoat Pattern.
(For Illustration see No. 6096, page 12.)

A WASHING PETTICOAT.

(For Illustration See No. 6096, Page 12.)

This pattern, cut low on the hip, can be of batiste or firm nainsook (for patterns send to Christopher Williamson, Maddapollam Department, 91, Edgware Road, W.), trimmed with the fashionable combination of broderie anglaise and Valenciennes lace.

Reigate.—"I beg to state that your patterns and book are a great help to me and to my trade generally."—E M Poole.

The pattern is in four pieces: half the shaped flounce (which supports the embroidery), half the front, one side, one back. The diagram shows the pattern pieces laid laid on 6 yards 29-36 inch material, which is opened out and is double beneath flounce, back and side pattern, so that each is cut in duplicate. The single material is folded over for the front centre of flounce and the tablier. 36-inch material leads to more waste than 29-inch, because it is not advisable to have a seam down the flounce front, though, as it is covered, this is not of much importance.

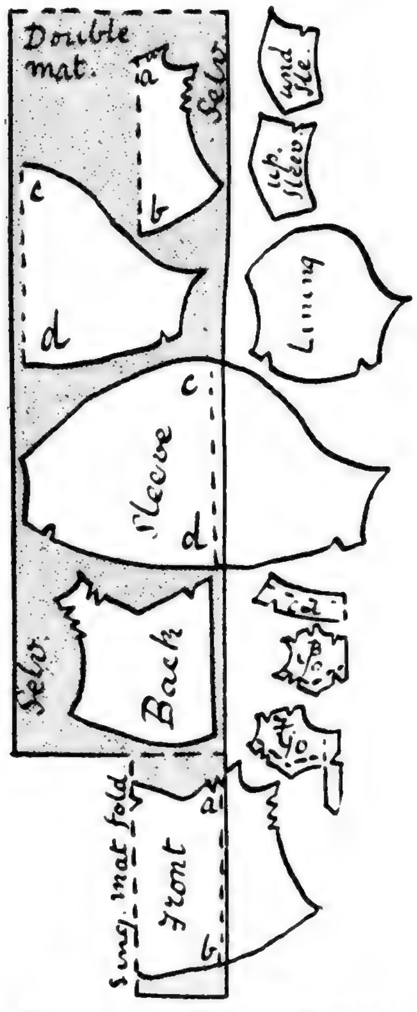


Diagram of Blouse Pattern.

Tack together sides, front, backs, flounce, after seaming the flounce. Leave the opening in the left tablier seam. Try on. Sew the seams, run-and-fell seams, and hem the flounce. On the hem mount a 3-inch frill of Valenciennes. The top can be lined with a shaped piece of the material, or can be simply hemmed with tape for strength, the front opening being finished with stitched bands which hold small flat buttons and buttonholes.

The embroidery flounce should be a little narrower than the shaped flounce, to protect its edge and show the lace frill. 5 yards would be required. Tuck the fulness in groups of three, or simply gather it. This flounce should not be too full. The top is finished with a band of insertion or of the nainsook worked with French knots and cut in slots to hold a broad ribbon, which ties in a bow on the left.

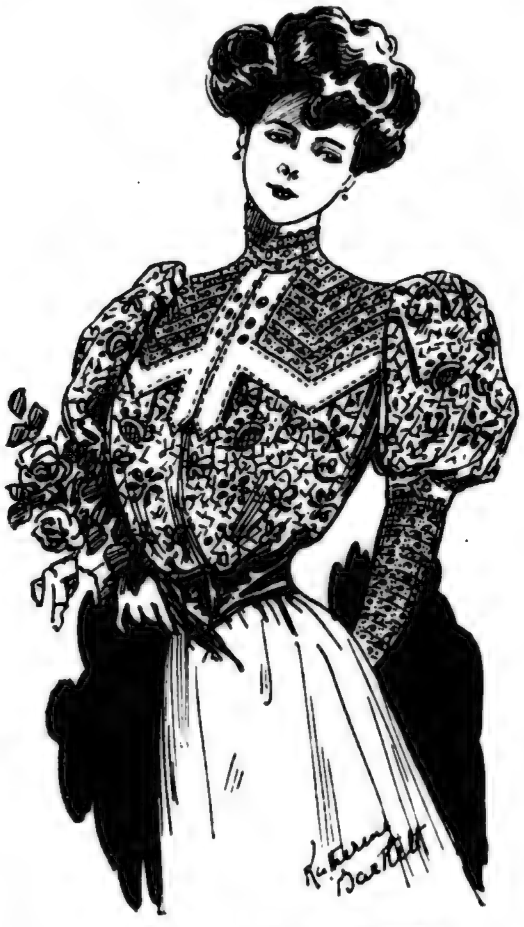
The broderie flounce could be detachable, so that it could be washed oftener than the whole petticoat. The flounce could be tucked into the decorated band, which can be secured to the petticoat by passing the ribbon through corresponding slots worked in band and petticoat. On this plan the petticoat could be of silk or moirette, the detachable flounce only being of washing materials.

WHAT MOTHERS SAY regarding the best diet for infants, proves from experience that the scientific substitute for human milk is found in HORLICK'S MALTED MILK, which can be given, where necessary, from the moment of birth. It is the best and most natural diet for hand-reared children, both in health and sickness. It means ease and comfort during the night hours. It is also an important and valuable adjunct to the diet of nursing mothers. Of all chemists, grocers, and stores, 1s. 6d. and 2s. 6d. per bottle. Free sample sent for two stamps, to cover postage, by Horlick's Food Company, 34, Farringdon Road, London, E.C.

SMART BLOUSE OF IRISH CROCHET AND VALENCIENNES.

Very up-to-date for blouses is the combination of Irish crochet and valenciennes. If strapped with silk, so much the better. Our model (No. 6139) has the three materials in its composition. It is quite transparent, and is worn over a fitted glacé under-slip.

The pattern is in nine pieces—three for Irish crochet piece lace (half the front, one back, one sleeve); five to be made up of valenciennes insertion (upper and under of lower sleeve, half the collar, one back yoke, one front yoke); one for lining (Brussels net); the sleeve. The diagram shows the three pieces for Irish lace laid on 4⅔ yards, which is folded over for the front (front centre laid along the fold). The rest of the 18-inch lace is opened out and is doubled (do not fold lace, as that would reverse the pattern; cut it and lay the two breadths face to face, seeing that the pattern coincides in both breadths). The lace not being wide enough for front and sleeves, additions must be seamed on (pattern meeting) at *a b*, *c d*.



No. 6140. A Lace Blouse.

For Description, see this page

Price of Paper Pattern, 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

Cut the lower sleeve pieces, the complete collar, the yoke back and front in stiff paper, and on these pieces of paper make up sleev pieces, the four pieces of the yoke in Valenciennes lace insertion. A wheelmark o yoke and collar shows where the strapping of silk come. Those straps at the edge yoke should not be stitched down until th crochet blouse is gathered into the Valenciennes yoke (seamed down front an shoulder). The yoke looks best if cut firs in lining, fitted, then each half cut in on piece of paper—back and front together, s that the lace is not seamed on the shoulde but only meets in V points at front seam an back opening. The backs close with tin pearl buttons and worked loops.

Make the yoke; seam backs and front blouse, gather into yoke and stitch dow straps. Hem the backs and put on fastening Strap the collar, sew it to the blouse nec and close like blouse. Hem the basque.

Cut the sleeve lining in Brussels net. Sear it. Seam the crochet sleeve, and arrange on the lining. Gather into the seamed lowe sleeve according to the notch. Arrange int the armhole on the wearer. Stitch in sleev and bind the seam.

THE RENOVATION OF AN EVENIN GOWN.

(For Illustration see page 44.)

No. 6150 was, some years back, a narro skirted eel-skin dress of very handsom broché. The bodice was hopelessly out fashion, and too cut up to be of any servic The skirt was hopelessly "skimpy," yet th material was first-class, had been little use and had not in the least faded with lying b

The skirt was lifted, to give extra fullne at the knees, and re-fitted. The lower edg was shorn away, so as to replace its r stricted girth with a shaped flounce of si matching the silk ground colour (pale beig or "putty"). The top of this flounce wa decorated with rows of deeper beige velv ribbon, recalling the darker tones of th floral design. A new bodice had to be mad of the plain bengaline, but enough broch was saved from the discarded bodice supply a plastron. The bodice was fitted a boned, supplied with a draped belt of th silk (velvet could be used) and a sma pleated silk basque at the back. A bou lonne of chiné silk decorated the pla bodice and supplied a gathered cuff to th short puff sleeve of silk. The chiné ribbo was in shaded pink and blue tints, faint a half effaced. A band of ribbon held the la berthe, which was deep cream colour, e broidered in pink and blue silks. 5½ yar of silk should be enough, unless the straigh ness of the old skirt demands a very de flounce.

THE DOWER CHEST.

The old custom of the bride providing the household and table linen is being large revived, after being, to a certain extent, abeyance for some years. Now, again, o often sees girls and experienced mothe poring together over the snowy piles household linen which are such a speci attraction to the prospective bride. Su posing a cheque for £27 is to be expend on the house linen, a fair estimate includ ten tablecloths (eight for the dining-ro and two for the kitchen), twelve table na kins, ten pairs of sheets, eight pairs pillowcases, fifteen blankets, and a genero supply of bath and huckaback towels, qui toilet-covers, glass-cloths, dusters, and oth household accessories.

"The evening skirt is working out very nicely."—M. R. E.

Descriptions of Our Illustrations.

SPENCER EDGE. C

A Strapped and Tucked Blouse.

No. 6082, **Page 8.** Good style for Viyella, blouse white or blue, strapped with the same or a contrasting colour. A tucked back and two tucked fronts (tucks wheelmarked on pattern). Four tucks simulate box pleats. The front has also six horizontal straps, held with pearl or metal buttons. Added basque. The central front strap is a box-pleat, cut with right front. Original two-piece sleeve, under sleeve cut with cuff. Band collar, with French collar of lawn, and ribbon stock. 31-inch material, 4 yards.

Strapped Linen Shirt.

No. 6083, **Page 8.** A tucked back and two tucked fronts (tucks wheelmarked on pattern), strapped back and front with linen bands held with metal buttons. Added basque of linen. Band collar. Sleeve gathered into fitted lower sleeve tucked to flat pattern and strapped. Central box-pleat is cut with right front. Embroidered lawn collar and ribbon stock. 36-inch linen, 3¾ yards. For patterns of linen send to Lutas Leathley, Summer Department 40, Armley, Leeds.

Smart Silk Blouse.

No. 6084, **Page 8.** A back and two full open fronts with tucked vest (tucked to flat pattern, and decorated with lace). Collar of tucked silk (tucked to flat pattern). Smart fichu drapery of silk tucked to flat pattern and strapped at the edge. Full sleeve with tucked and strapped lower sleeve (tucked to flat pattern). 22-inch silk, 4 yards.

Blouse of Embroidered Lawn.

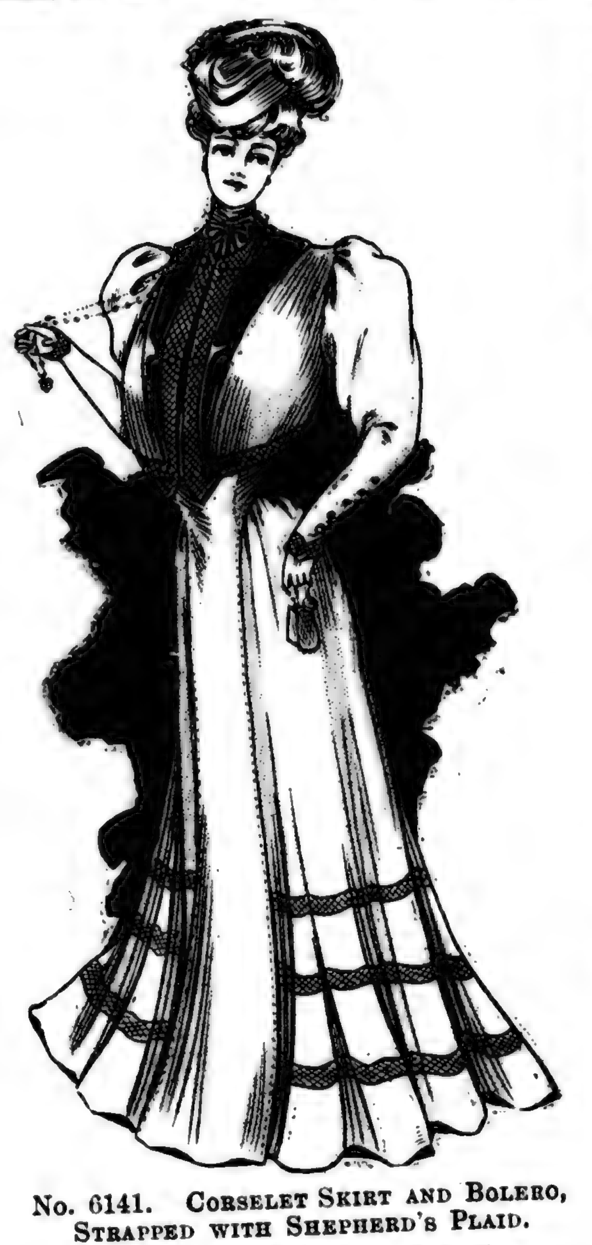
No. 6085, **Page 9.** A tucked back, two tucked fronts, and a tucked front panel of lawn (tucks wheelmarked on pattern). Embroidery edges the fronts of blouse and two bands of it form a small yoke into which the front panel is tucked. Elbow sleeve striped with embroidery, gathered on a smaller lining, with fitted lower sleeve, made up to flat pattern with lawn tucks and strips of insertion. Band collar is made up of insertion. 36-inch lawn, 3 yards. For beautiful lawns send to Lutas Leathley, Summer Department 40, Armley, Leeds.

Embroidered Linen Blouse.

No. 6086, **Page 9.** The pattern is in seven pieces—one tucked back, one tucked front, half the front yoke (cut with central panel), one sleeve, half the collar band, half the basque, one cuff. The tucks are wheelmarked on front, sleeve and back patterns. Lay the pattern pieces on 4 yards of 36-inch linen, which is opened out and is doubled, so that front, basque, and sleeve are cut in duplicate. The single material is folded (selvedges meeting), the front centre of collar and the front centre of panel laid on the fold. Embroider the yoke and panel, collar and cuff with Peri Lusta thread. Arrange the tucks. Tack fronts into front panel. Tack together the backs and front. Arrange into the basque; try on. Make buttonholes down an underfold of right back, hem the left back, and sew the buttons down the hem. Seam the side seams (run-and-fell seams). Hem the basque's lower edge. Seam on the band collar according to the notch. It hooks at back. The sleeve is seamed inside with a fell seam. It is tucked into the embroidered cuff. Gather the top of sleeve into the armhole and bind the seam for neatness. For patterns of linen send to Robinson and Cleaver, Belfast.

Blouse of Cotton Voile, Trimmed with Lace and Glacé.

No. 6087, **Page 9.** The pattern is in nine pieces—half the tucked back, one tucked front, the central box pleat, one sleeve, one sleeve lining, half the collar, half the back yoke, one front yoke, one cuff. The tucks are wheelmarked on front and back patterns. Lay the pattern pieces on 4 yards of 31-inch voile, which is opened out and is doubled, so that front, front yoke, and sleeve are cut in duplicate. Cuff, collar, and belt are cut in sateen or glacé. The single voile is folded (selvedges meeting), the back centres of back and back yoke laid on the fold. Arrange the tucks. Tack back into back yoke and fronts into front yokes, after embroidering yoke with appliqués of coarse lace. Add box pleat to right front. It is decked with flat pearl buttons in rows. Tack together the back and fronts. Try on. Make button-holes down an underfold of box-pleat, hem the left front, and sew the buttons down the hem. Seam the side seams (run and fell seams). Hem the basque's lower edge. Seam on the stitched collar of glacé according to the notch. The sleeve is seamed inside with a fell seam. It is gathered (on a lining) into the cuff of stitched glacé. Gather the top of the sleeve into the armhole and bind the seam for neatness. For charming cotton voiles send to Christopher Williamson's, Fabrics Department, 91, Edgware Road, W.



No. 6141. Corselet Skirt and Bolero, Strapped with Shepherd's Plaid.

For Description see Pages 30 to 34.

Price of Paper Patterns, Corselet Skirt, 2s. 0½d.; Bolero or Foundation Skirt, each 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

Blouse of Plain and Embroidered Muslin.

No. 6088, **Page 9.** The yoke (back and front) is cut from the embroidered material, scalloped and worked or edged with a frill of narrow embroidery. Fronts and backs are of the plain material, tucked (tucks wheelmarked on pattern), each tuck trimmed with a little frill of the broderie. The puff sleeve (tucked to flat pattern, each tuck trimmed with a frill) is arranged into a cuff (edged with broderie and a trimmed lawn frill). Collar is cut from the embroidery. 31-inch lawn, 3¾ yards; 29-inch broderie, ¾ yard.

Blouse of Embroidered Muslin.

No. 6089, **Page 9.** A front and two backs are cut from embroidered muslin. The pointed yoke (front and two backs) are made up of rows of embroidered muslin insertion. The full sleeve, of the embroidered material, has a lower sleeve made up of broderie insertion. 29-inch embroidered material, 3 yards.

Smart Race or Garden Party Frock of Woollen Crêpe or Voile.

No. 6090, **Page 10.** For description of skirt (with diagram) see page 28. It is decorated with a band of wide coarse lace. Smart bodice of the voile. Cut a bodice lining with back, four sides, three-piece front, to close on left of centre panel. Tack, fit, seam, leaving side and shoulder seams. Drape with a full vest of white lace, with a back and two tucked fronts of the voile (tucks wheelmarked on pattern), central box pleat cut with right front. Finish seams. Velvet ribbon edges fronts. Velvet collar with lace tie. Velvet belt supported on bones. Puff sleeve of the voile on a lining, with small frill of lace held by a lace or velvet cuff. 48-inch material, 2 yards. For patterns of voile, crêpe, &c., send to Best's Dress Goods, Bradford.

Afternoon Frock of Shepherd's Plaid.

No. 6091, **Page 10.** Two-piece umbrella skirt of the plaid (cut on cross front and back, stripes meeting in V fronts), worn over a five-gore foundation skirt. Skirt closes at back. Pocket in the opening or in foundation skirt. Smart tucked coat—a tucked back and two tucked fronts (tucks wheelmarked on pattern), cut on cross. Revers cut with fronts, are faced with white moiré, decked

"I find "Myra's" a very useful journal, also very elegant."—S. B.

with silver buttons. Collar is faced with moiré and black velvet. One-piece sleeve on a smaller lining, with moiré cuff. 48-inch plaid, 6 yards. Lace sleeve frill.

Pleated Frock of Soft Taffetas.

No. 6092, Page 10. Nine-gore skirt pleated into the waist, made quite apart from the 5-gore foundation skirt. It is untrimmed. The bolero coat—back and two fronts—is of taffetas, pleated on a lining of white glacé, edged with a foulard band which is decked in front with velvet rosettes. Collar of lace mounted on white glacé, and edged with a glacé frill. Revers can be faced with taffetas or glacé. Puff sleeve on a smaller lining with taffetas cuff and under-puff of the white glacé. 42-inch taffetas, 7 yards. For patterns of double-width taffetas send to the Holborn Silk Market, Holborn Bars, E.C.

A Serge Skirt and Crochet Blouse.

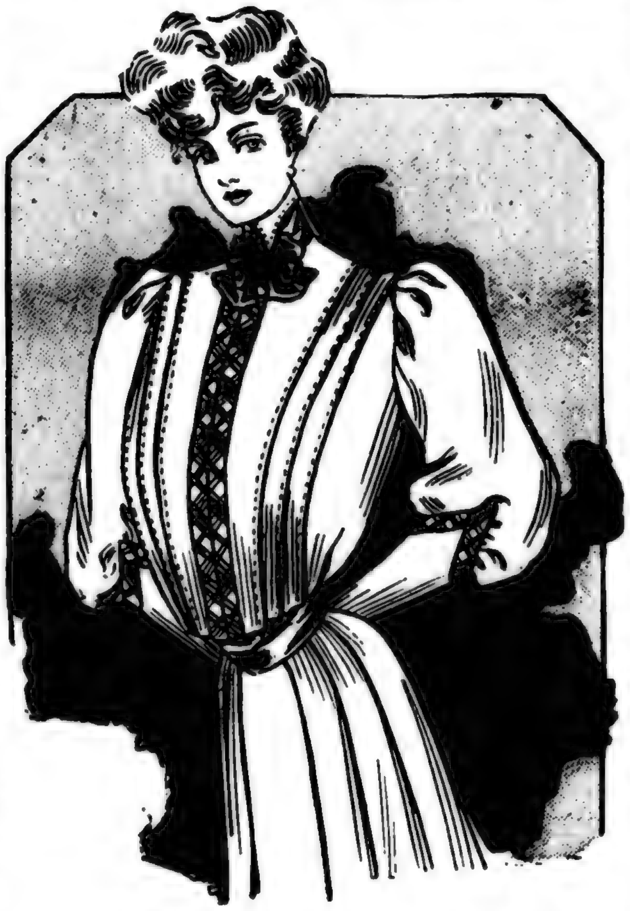
No. 6093, Page 11. Two-piece skirt of fine white serge, seamed back and front, strapped with white glacé. Blouse is worn over a slip of white glacé, buttoning at back. Blouse has a front and two backs of Irish crochet lace, strapped with white glacé or ribbon. The collar is bound with glacé, The puff sleeve is mounted on a lining of Brussels net. It is striped with glacé, and has two glacé frills. 52-inch serge, 4 yards; 21-inch glacé, 2 yards; 18-inch piece lace, 5 yards.

A Charming Muslin Gown.

No. 6094, Page 11. Seven-gore skirt of 29-inch muslin, gathered into the waist. Where not wide enough corners are seamed on at the selvedges, design meeting. It can be untrimmed or have three small flounces at the foot. Wear over a white foundation skirt. The blouse is worn over a glacé underslip. Blouse has a tucked front and two tucked backs (tucks wheelmarked), arranged into a lace yoke, which is cut in piece lace, and either scalloped or edged with narrow insertion. Blouse buttons at back. Lace band collar. Front is strapped with ribbon. Puff sleeve on a smaller lining, strapped with ribbon and edged with lace frills. 29-inch figured muslin, 13 yards. Belt should match ribbon strappings.

Embroidered Gown of House Flannel or Linen.

No. 6095, Page 11. Seven-gore skirt, tablier embroidered in crewels down the edges. Line with batiste for flannel. Linen would be unlined. Embroidered bolero—back, two fronts, a wing sleeve, embroidered at the edges, lined with batiste. 36-inch linen, 12 yards.



No. 6142. A Smart Shirt Blouse.

For Description see pages 30 to 34.

Price of Paper Pattern, 6½d. post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

A Cache Corset of Nainsook.

No. 6096a, Page 12. Could be used as an underslip for transparent blouses. For patterns of nainsook send to Christopher Williamson, Fabrics Department, 91, Edgware Road, W. Three-piece bodice—back and two fronts, buttoning in front beneath a stitched strap, fronts tucked and decorated with straps of embroidered nainsook insertion. Tucks are wheelmarked on front pattern. Neck and armholes are decorated with embroidery edging, mounted on bands of nainsook, which are cut in worked slots run with narrow ribbon. 36-inch material, 1¼ yards.

For Description of Petticoat see Page 28.

A Summer Dressing Gown.

No. 6097, Page 12. For pretty zephyrs and washing materials send to Christopher Williamson, Fabrics Department, 91, Edgware Road, W., for patterns. The six-gore gown is tucked to flat pattern at lower edge. Fronts are faced with strips of material, the buttonholes worked in right facing. Pointed collar is handsomely embroidered with Peri-Lusta thread or with appliqués of coarse lace. Broderie anglaise frill trims the edge. One-piece sleeve drawn into an embroidered cuff, which is decorated like the collar. 29-inch zephyr, 14 yards.

Embroidered Nainsook Nightdress.

No. 6098, Page 12. The pattern of the nightdress is in four pieces: Half the back, half the front, the double-breasted right front of yoke, one sleeve. Neck of back and of yoke, also the edge of sleeve frill (cut with sleeve) are scalloped. Lay the pattern pieces on 6½ yards 36-inch nainsook, which is opened out and is double beneath the sleeve and yoke patterns, so that each is cut in duplicate. The single material is folded over (selvedges meeting), the back centre of back, and front centre of front laid along the fold, so that each is cut in single piece. The material being too narrow for complete back and front, added corners have to be seamed on up the selvedges at *a b*, *c d*. The fronts are slit for an opening. Left yoke is

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cut very narrow. Embroider the yoke, sew the seams (double notch and shoulder seams) neat, small run-and-fell seams. Hem the lower edge. The front (its slit protected by stitched bands which hold buttons and buttonholes), is gathered into the yoke, which closes on a line with the slit of front. Junction of yoke and front is covered by a band worked with slots at even distances, worked in satin stitch. The ribbon should be from 1 to 1½ inches wide, and the length of slot should be rather less than the width of the ribbon used. Work the scallops round the neck. For capital nainsooks of substantial weight for this purpose, send to Christopher Williamson, Fabrics Department, 91, Edgware Road, W. The sleeve is seamed and the scallops worked. It can be drawn up by a ribbon passed through slots, or a narrower ribbon could be passed beneath a bias strip of the nainsook stitched beneath the sleeve where the frill commences.

Summer Nightdress of Mull Muslin.

No. 6099, A back and front, front slit on left **Page 12.** for an opening. Front is tucked (tucks wheelmarked on pattern). Stripe the front with lace. A band of lace goes all round the neck, headed with a band cut with slots (threaded with ribbon), which is edged with a lace frill. Wing sleeve, striped with lace insertion, edged with a draped cross-cut frill, which is trimmed with lace, 29-inch muslin, 6½ yards.

Embroidered Nainsook Combination.

No. 6100, The pattern is in two pieces: half **Page 12.** the combination, half the one-piece back. Lay the two pattern pieces on 3½ yards of 36-inch material, which is opened to its full width and doubled, so that the combination is cut in duplicate. A space should be marked out for the lacking half of the one-piece back. Seam together back and fronts at the single notch seam. Tack the darts. The combination should be tried on to get an easy fit. The legs are seamed from the double notches to the lower edge. The fronts are seamed together for about six inches from the double notch upwards. Embroider the fronts and the scallops of neck and armhole. Neck is cut with slots, which are worked in satin stitch, and hold the ribbon runner. The front edges are then protected by stitched straps, which hold the buttonholes and small buttons. The backs have wide false hems added from the top edge to the double notch. Then the top edges are gathered into the back as far as the double notch, these seams being protected by a stitched longcloth band, which also covers the top of the wide false hems which lap well over each other. The legs are gathered into a band worked with slots, through which a ribbon is passed. This band holds the embroidered frill. For nainsooks send to Christopher Williamson, Fabrics Department, 91, Edgware Road, W.

Sun Hat for a Little Girl.

No. 6101a, The white silk crown is pleated into **Page 15.** a small circular brim of stiffened silk on which lies the frill of silk broderie anglaise. A bouquet of flowers trims the front. The strings are of white soft silk ribbon.

Boy's Linen Coat.

No. 6101, A back and two double-breasted **Page 15.** fronts. Face fronts with the linen. Pearl buttons. Button-holes are made in left front. Belt of linen or leather. Wide collar trimmed with insertion of broderie anglaise. One-piece sleeve edged with broderie. The coat is unlined but for facings. 36-inch material for a boy of four years, 2½ yards. For patterns of linens send to Lutas Leathley, Summer Department 40, Armley, Leeds. Coat can be used as a tunic with linen knickers.

Girl's Frock of Plaid Cotton.

No. 6102, A full umbrella skirt is gathered **Page 15.** into a lining with two backs, a double front. On this is arranged the pleated blouse (pleats wheelmarked), which fastens at the back. Blouse is arranged into a yoke, cut from broderie anglaise. Puff sleeve on a lining, with broderie cuff, decorated with Valenciennes. 29-30-inch lawn, for a girl of six, 4 yards. For patterns, send to Lutas Leathley, Summer Department 40, Armley, Leeds.

Muslin Frock, Trimmed with Embroidered Muslin.

No. 6103, The skirt is a flounce of broderie, **Page 15.** mounted into the belt of broderie insertion, which holds the full blouse (front and two backs), which is gathered into a broderie yoke. The yoke is filled in with frilled-up muslin. Puff sleeve, with broderie cuff and frill. Tack the dress on a separate slip of silk—umbrella skirt, three-piece bodice, one-piece sleeve. For a girl of six, 29-inch muslin, 1½ yards; wide broderie for the skirt, 2 yards.

Little Girl's Bonnet.

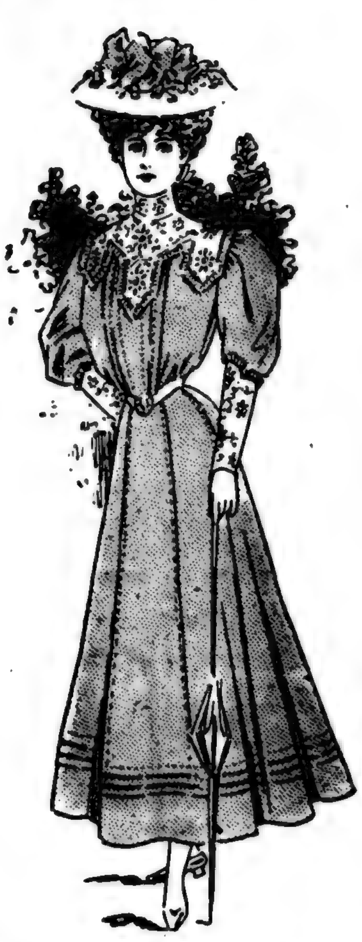
No. 6104a, Pretty little model for white **Page 15.** satin. A crown gathered into a circular embroidered back, with front revers edged with embroidery. Strings of white baby ribbon.

Child's Overall of Blue Linen.

No. 6104, A full front and two backs, the **Page 15.** fullness held in place by a square yoke made out of broderie insertion. Collar of the broderie insertion. One-piece sleeve with cuff and shoulder strap of broderie. 36-inch linen for a child of three, 2 yards. Gathered chemisette of muslin.

Girl's Linen Coat.

No. 6105, A back and two double-breasted **Page 15.** fronts of white linen. Face fronts with the linen. Pearl buttons. Buttonholes are made in right front. Broad collar and cuff of the linen, strapped with insertion and edged with Vandyked broderie Anglaise. One-piece sleeve. Coat is unlined. 36-inch material, for a girl of five years, 3 yards.



No. 6143. LINEN FROCK FOR A YOUNG GIRL.

For Descriptions see Pages 30 to 34.

Price of Paper Patterns, Skirt or Blouse, each 6½d., Post Free of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

Girl's Coat and Skirt of Linen.

No. 6106, The five-gore skirt is untrimmed. **Page 15.** The smart single-breasted sacque (back and two fronts) is unlined but for front facings of linen. Collar and cuff are prettily trimmed with insertion and edging of broderie Anglaise. 36-inch linen, for a girl of ten, 6 yards.

Empire Dinner Gown of the New Soft Moire.

No. 6107, A six-piece skirt—two backs, two **Page 16.** sides, two fronts—of white soft double-width moiré, mounted on a three-piece Empire bodice of silk or mercerised lining. Drape bodice with a back, a double-breasted right front, and a left front of the moiré. Seam moiré and lining apart. An Empire sash of leaf-green panne decorates the gown, held with a jewelled green-and-gold brooch. Bodice is decorated with jewelled (green stones) passementerie. One-piece sleeve, draped on a lining, with lace puff and frill. 42-46-inch material, 8 yards. Where the material is too narrow for breadths, added corners must be seamed up the selvedges.

Tucked Evening Gown of White Gauze.

No. 6108, Foundation is of pink silk—five gores **Page 16.** with two pleated flounces. The full seven-gore skirt of white gauze is tucked to fit waist (tucks wheelmarked on pattern), and is strapped with pale blue china ribbon. Cut, in pink silk, a bodice lining with double right front, to close to left lining front down centre, then cross to hook under left arm. Tack, fit, seam, bone, leaving only side and shoulder seams. Drape with a tucked double front and tucked back (tucks wheelmarked on pattern) which are strapped with the blue ribbon. Finish seams. Berthe of lace and ribbon draperies. Draped short sleeve on a smaller lining, with lace puffs and frill. 42-inch material, 8 yards. For patterns of the gauze and lining silk send to the Holborn Silk Market, Holborn Bars, E.C.

Draped Princess Evening Gown.

No. 6109, A nine-gore princess dress in silk **Page 16.** lining (closing on left of front centre), veiled with a front panel of coarse Irish lace, with two backs, four sides, two draped fronts of soft double-width satin. Make up lining and satin apart. Bone with care to hip. Berthe of satin, decorated with motifs and edgings of the Irish crochet. Puff sleeve of the piece lace, arranged on a lining, trimmed with frills of the silk muslin. 42-inch satin, 8 yards; 21-inch lace, 3½ yards.

Blouse for Corselet Skirt.

No. 6110, The loose ends are tucked into the **Page 17.** corselet skirt. It is of ninon—back and two fronts, with loose coat fronts, striped with lace insertion. Coarse Irish lace is used, by preference. Edging of the lace finishes the blouse, The coarse lace is edged with a Valenciennes frill. Double-width ninon, ½ yard.

Dress Bodice of Æolienne and Lace.

No. 6111, Cut a glacé bodice lining—back, **Page 17.** four sides, a three-piece front to hook on left of centre panel. Tack, fit, seam, leaving only the side and shoulder seams. Cover back and front tops with a yoke of lace, strapped with glacé (matching the Æolienne), front yoke (closing on left shoulder) cut with centre panel. Veil with draped back and draped fronts of the Æolienne, headed with motifs of coarse lace or broderie Anglaise (glacé). Finish the seams. One-piece short sleeve of the material on a small lining, decorated with strapped glacé cuff and lace frills. Collar of the strapped lace. 45-inch material, 2 yards. For patterns of double-width silk-and-wool Æolienne send to Best's Dress Goods Company, Bradford, who will pay carriage of patterns both ways.

Dress Bodice or Blouse of Taffetas.

No. 6112, Cut a bodice lining with back, **Page 17.** four sides, a three-piece front, to hook on left of centre panel. Tack, fit, seam, leaving only the side and shoulder seams. Cover back top and front panel and front top with a tucked vest and tucked fichu drapery of ninon (tucked to flat pattern), decorated with lace motifs. Veil with draped back and draped fronts of the taffetas. Finish the seams. One-piece sleeve of the taffetas, decorated with lace. Collar of ninon tucked to flat pattern. 42-inch material, 2 yards. For double-width taffetas send to the Holborn Silk Market, Holborn Bars, E.C. Edge the taffetas backs and fronts with the lace insertion and edging which trim the sleeves.

Young Girl's Blouse of Muslin.

No. 6113, A full front and two full backs, **Page 17.** hooking at back with tiny de Long hooks and worked loops, gathered on a three-piece yoke of muslin, which is tucked to flat pattern and is striped with lace. Revers in front of tucked muslin (tucked to flat pattern) and lace. Soft belt of satin. Band collar of the muslin (tucked to flat pattern) and lace, hooking at back. Beautiful draped sleeve of the muslin on a smaller lining, with smart cuff of tucked muslin and lace. Wear over a glacé slip, which fastens at back. 29-inch muslin, 4 yards. For patterns of muslins, plain and figured, send to Lutas Leathley, Summer Department 40, Armley, Leeds.

The New Cape Coat (For Indoor or Outdoor Wear).

No. 6114, To be made of the skirt material, **Page 17.** seamed and pleated on shoulder, with frilled wing sleeve. Edge with coarse lace; frill of Valenciennes. Buttons hold down pleats. There need be no lining but a band of silk where the lace is sewn on. Close with bows of velvet ribbon. 48-inch material, 1½ yards.

"I like 'Myra's Journal' very much."—E. S.

Blouse of Irish Crochet and Ninon.

No. 6115, Page 17. A back and two crossed fronts of crochet piece lace, pleated on shoulder, arranged into a vest of ninon (tucked to flat pattern and striped with Valenciennes insertion), which closes on shoulder. Valenciennes frill edges the fronts above a strap of glacé, forming a series of notches. Collar of tucked ninon (tucked to flat pattern) and Valenciennes. Full elbow sleeve of crochet drawn into a frill which is notched, and strapped and edged with lace. 18-inch crochet, 5 yards.

Dinner Coat of Brocade.

No. 6116a, Page 18. Back and front view. To wear over any lace, net, or ninon skirt of suitable shade. Cut a bodice lining in silk; back, four sides, a three-piece front, to hook on left of centre panel. Tack, fit, seam, leaving only the side and shoulder seams. Cover front panel with full glacé (matching the brocaded design) gathered to form a small heading. Veil with back and two fronts of the brocade. Finish the seams. One-piece sleeve of the figured material on a smaller lining, with cuff of brocade, a glacé sleeve frill, and an under frill of chiffon. A bouillonné of glacé edges the low neck. An added back basque, joined on beneath the buttons, is lined with glacé and is edged with a glacé ruche. The glacé can be replaced by chiffon as trimming. 22-inch brocade, 6 yards. For lovely brocade (very inexpensive) send to the Holborn Silk Market, Holborn Bars, E.C.

Dinner Coat of Bengaline.

No. 6116, Page 18. Cut a bodice lining with back, four sides, a three-piece front, to hook on left of centre panel. Tack, fit, seam, leaving only the side and shoulder seams. Cover with draped back and draped fronts of the bengaline, arranged to puff over the three-piece belt of the silk (mounted on the boned bodice). Finish the seams. Added fluted basque of the silk, lined with glacé. One-piece sleeve of the bengaline on a smaller lining, arranged in two puffs, with lace frill. Lace frill berthe. Paste buttons. 42-inch material, 8 yards. For patterns of double-width silk send to the Holborn Silk Market, Holborn Bars, E.C.

Dinner Coat of Silk Spot Crêpe de Chine.

No. 6117, Page 18. Cut a silk lining—back, four sides, a three-piece front. Tack, fit, seam, leaving only side and shoulders. Drape with back and two fronts tucked on the shoulder to give fullness. Added full basques of the crêpe, edged with a frill of the crêpe. A broad band of lace or Oriental embroidery edges the fronts and passes round the neck, curved to fit. Cross draperies of the crêpe (or ninon or net) veil the front panel of the lining. Satin belt draped on bones. 42-inch crêpe, 5 yards. Beautiful model for muslin.

Lace Dinner Coat.

No. 6118a, Page 18. Unlined, worn over a fitted princess dress. It has a back, four sides, two fronts. Or have it manufactured to shape. If cut from piece lace, edge with lace to match, the same lace forming a berthe mounted on spotted net. Sleeve lining of net, veiled with the larger lace sleeve, with frill of net and lace. Close with satin bows. 18-inch lace, 12 yards.

Dinner Coat of Fancy Silk.

No. 6118, Page 18. A back, four sides, two two-piece fronts. Line with silk, seamed apart, its edge slipstitched to the turned coat edges, which are herringboned over strips of lino. The fronts are faced with richer silk, showing in the revers. One-piece sleeve on a smaller lining, with stiffened cuff. Rich enamelled buttons. Lace sleeve frill and lace vest drapery tying in a bow. 22-inch broché, 8 yards.

Tea-Gown of Printed Muslin.

No. 6119, Page 19 Fitted princess dress cut in silk or mercerised lining—two backs, four sides, a three-piece front. Close on left of centre panel. Seam apart from the fuller nine-gore dress of muslin. Three-piece front tucked (tucks wheelmarked) into the three-piece yoke of muslin, which is inlet with lace insertion. Wing sleeve, edged, like gown, with a row of insertion above the hem. 45-inch material, 9 yards.

Empire Tea-Gown of Silk Muslin.

No. 6120, Page 19. A seven-piece skirt—two backs, four sides, one front—of blue muslin over silk or thin mercerised lining mounted on a three-piece Empire yoke. Seam muslin and lining apart. Skirt of muslin is tucked to flat pattern, and is decorated with stripes and vandykes of lace. The yoke is entirely covered with lace frills. One-piece sleeve draped on a lining, with lace frills. 44-46-inch material, 8 yards. Where the material is too narrow for breadths, added corners must be seamed up the selvedges.

A Lovely Princess Tea-Gown of Silk Muslin.

No. 6121, Page 19. Fitted princess dress cut in silk or mercerised lining—two backs, four sides, a three-piece front. Close at back. Seam apart from the fuller nine-gore dress of double-width muslin, which is tucked (tucks wheelmarked) on the fitted lining. Veil the upper part with two tucked backs and two tucked fronts of the muslin (tucks wheelmarked), decorated with lace, the neck open (back and front) to shew draperies of muslin. Beautiful transparent sleeve of muslin, ruffled up the seam. Lace edges sleeve and gown. 45-inch muslin, 9 yards.

A Plaid Cotton Frock.

No. 6122, Page 22. The two-piece umbrella skirt has the two large circular gores made up of breadths seamed up the selvedges (pattern meeting). Smart bolero of the cotton, lined with batiste, decorated with stitching and broderie anglaise. Gigot sleeve, inlet with bands of broderie. The bolero does not fasten. 29-inch cotton, 13 yards.

Smart Style for Muslin.

No. 6123, Page 22. A full Princess dress gathered on a fitted bodice of lining (to the hip). At foot are three crosscut frills, headed with a wide band of lace. The top of the muslin bodice is gathered on the lining beneath the smart lace yoke. Chemisette of plain muslin with draped band collar. The short sleeve is of the muslin prettily pleated, with lace cuff, and frills of plain muslin. Double width figured muslin, 8 yards.

Linen Dress for Young Girls.

No. 6124, Page 22. The skirt is decorated with four shaped flounces. The blouse, pleated in front, has a double cape frill-collar of the linen. The puff sleeve has a frill of broderie and linen. 36-inch linen, 14 yards.

WHAT ABOUT YOUR SUMMER DRESS?

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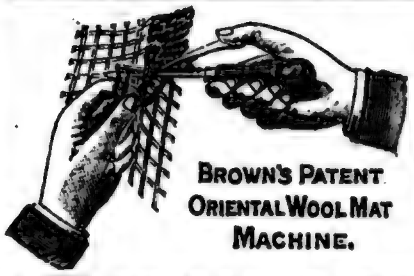

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Pretty Muslin Frock.

No. 6125, Page 23. The full skirt is edged with cross-cut frills. The full bodice is gathered into a yoke made up of lace insertion, with smart front lappets. Short puff sleeve with lace cuff. 29-in muslin, 12 yards.

Frock of Check Cotton.

No. 6126, Page 23. The smart skirt is trimmed with lines of white braid. The blouse is braided to match, the braid covering the seam, which holds the gathers of the front. Pretty collar of white glacé or linen, with gilt buttons. Detachable vest of soft muslin. 29-inch cotton, 12 yards.

A White Cloth Race Wrap.

No. 6127, Page 23. Back and fronts are smartly pleated. There is a double lapped yoke piece in front. Face collar and revers with the cloth, decorated with silk braid and velvet buttons. 52-inch cloth, 7 yards.

Coat and Skirt of White Serge.

No. 6128, Page 23. Five-gore skirt of the serge, and long ¾-length fitted coat, with strapped seams back and front. Neat two-piece sleeve. The collar is faced with velvet. 52-inch serge, 7½ yards.

A Pleated Tailor Gown.

No. 6129, Page 24. Smart style for the elegant Irish tweeds. (Send to Robinson and Cleaver, Belfast, for patterns.) Skirt is cut in six breadths, the seams hidden in the pleats, which are wheelmarked on pattern. Pleats are stitched down. Wear over the five-gore foundation skirt. Smart pleated bolero to match (pleats wheelmarked on pattern). Straps of velvet, with metal buttons, hold the pleats. Revers, cut with fronts, are faced with silk. Collar of the tweed, with slipstitched facing of velvet. One piece sleeve on a smaller lining, with cuff of tweed, faced and strapped with velvet. 54-inch tweed, 7 yards. Front view of the charming coat is illustrated.

Pretty Gathered Frock of Silk Voile.

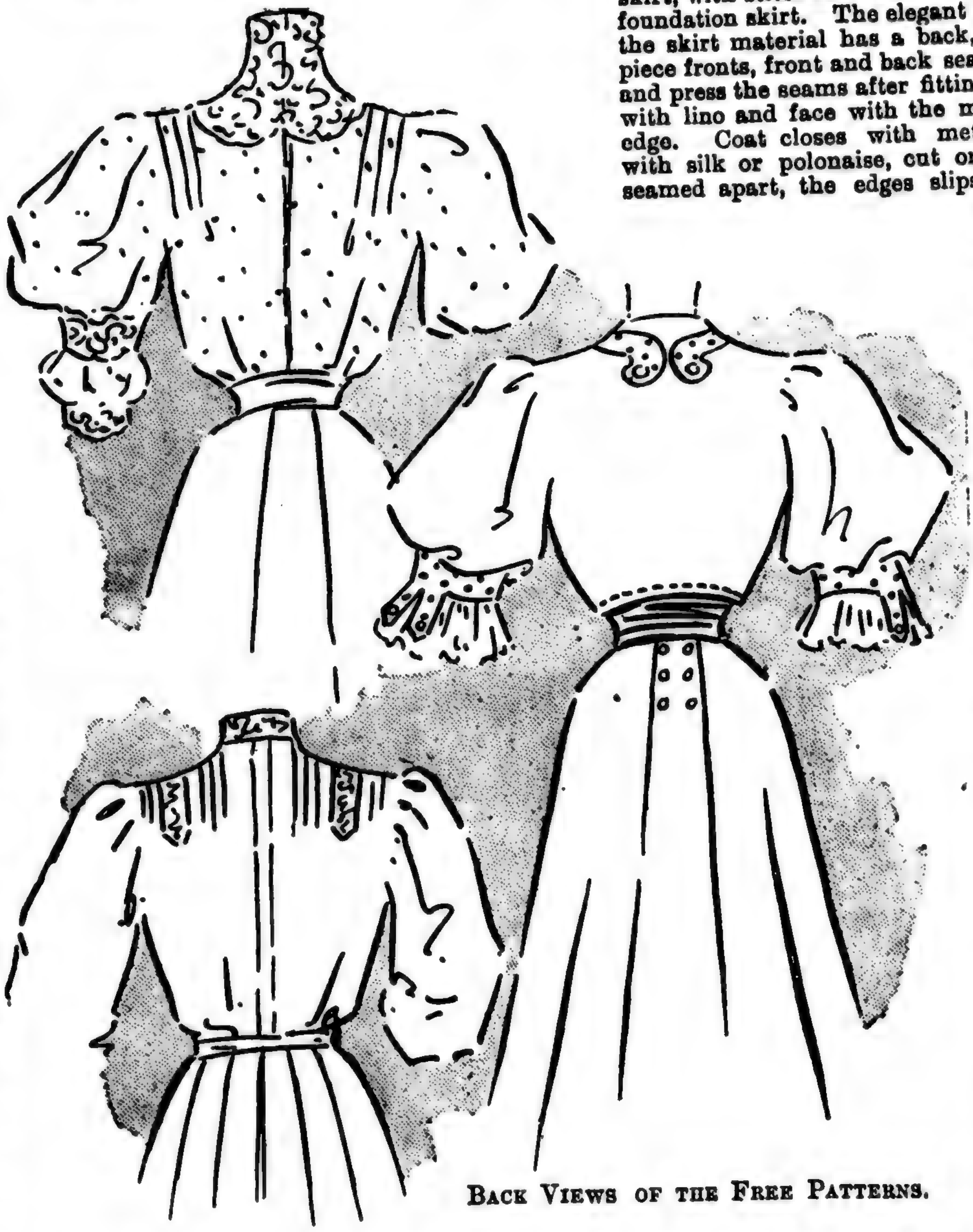
No. 6130, Page 24. Five-gore full skirt of silk voile, edge tucked to flat pattern. Make quite apart from the five-gore foundation skirt, which is edged with a shaped flounce (lined with lino to give firmness). Cut a bodice lining with double right front, to close to left front down centre, then cross to hook under left arm. Shoulder is cut deep to cover top of arm. Tack, fit, seam, bone, leaving only side and shoulder seams. Cover top with a two-piece yoke of Irish lace, hooking on left shoulder. Drape the rest with a gathered back and double gathered front of the silk voile. Finish seams. Strap the gathers with lace edged with Valenciennes. Lace band collar. One-piece sleeve gathered on a lining, with lace lower sleeve. 46-48-inch voile, 8 yards.

Corselet Skirt and Bolero.

No. 6131, Page 24. The pattern of skirt is in five pieces: half the back (cut with inverted box-pleat, wheelmarked upon it), three sides, half the front. The seams are lapped, and develop into pleats below knees. The skirt should be lined only so far as the hip (where the bones are), and should be worn over a smart foundation skirt. For patterns of face cloth for this handsome model send to Best's Dress Goods Co., Bradford. The skirt is quite untrimmed. Lay the pattern on 7 yards 54-inch face cloth. Should serge or tweed be used—these are reversible, so that the gores can be economically interlaced—6 yards will be ample. Part of the bolero coat (all but the sleeves) could come out of the waste. The material is folded in half (selvedges meeting), the front centre of front pattern laid along the fold, so that front is cut in one piece, the other pieces being cut in duplicate. The half-breadth not being wide enough for the back, added corners must be seamed on at selvedges. Line the corselet part. Tack together the nine gores according to notches, arrange the pleats, try on. Stitch and press the seams. Pipe the top of the corselet. Bone with great care. The skirt closes with De Long hooks and bars. Put on the false hem, felling it invisibly, or sewing with one or two rows of machine stitching before the braid is finished at the lower edge. The tucked bolero has a back and two fronts (tucks wheelmarked on pattern). Edge coat with a stitched band of cloth. Metal buttons. Line with silk. The turn-over collar is faced with velvet. One-piece sleeve on a smaller lining with stiffened cuff, faced with glacé and velvet. Allow 1½ yards extra for the bolero. This gown looks excellent in bengaline or the new soft moiré.

A Lace-trimmed Gown of Muslin.

No. 6132, Page 24. Five-gore full skirt, decorated with two bands of coarse lace. Make quite apart from the five-gore foundation skirt, which is edged with a shaped flounce (lined with lino to give firmness). Cut a bodice lining with three-piece front, to close on left of centre panel. Tack, fit, seam, bone, leaving only shoulder seams. Veil top and front with a vest of lace (with band collar to match). Veil the rest with a back and two full fronts of muslin. Finish seams. Edge fronts with frills of Valenciennes. The same frills edge the glacé collar. Belt of glacé mounted on bones. Sleeves of the muslin gathered on a smaller lining to form a frill over wider lace frills. 44-inch material, 7 yards.



Back Views of the Free Patterns.

Elegant Princess Visiting Gown.

No. 6133, Page 25. Suitable for a fashionable wedding. Princess dress cut in lining and double-width mauve taffetas—two backs, four sides, a 3-piece front. Lining reaches only to hip (as far as the bones), and the gown is worn over a separate foundation skirt. Close on left of centre panel. Front seams are lapped. Invisible hem, felled from back. Bone with care after tacking, fitting, seaming. Drape top of lining with Irish lace. Veil the rest with a draped bolero back and two fronts of the skirt material, draped with passementerie rosettes. Band collar of taffetas supported on bones. One-piece sleeve on a smaller lining, with cuff of lace or lace frill. Metal buttons. 42-inch taffetas. 9 yards. For patterns send to the Holborn Silk Market, Holborn Bars, E.C.

Tucked Gown of Mercerised Lawn.

No. 6134, Page 25. For patterns of the material send to Lutas Leathley, Summer Department 40, Armley, Leeds. Five gore foundation skirt of pink silk, silk moirette or batiste, edged with a pleated flounce. Overskirt (seven breadths) of the lawn; six breadths are tucked to flat pattern, and are trimmed with lace. Small tablier is plain. Breadths eked out with added corners, seamed up the selvedges, made quite apart, gathered into the waist. Cut a bodice lining: back, four sides, a three-piece front to hook on left of centre panel. Tack, fit, seam, leaving only the side and shoulder seams. Cover front with tucked muslin (tucked to flat pattern) and lace edging. Veil with a tucked back and two tucked fronts of the lawn, fronts cut with revers faced with glacé. Finish the seams. One-piece sleeve of the lawn on a smaller lining, with glacé cuff, strapped with velvet and lace frills. Draped band collar of glacé. 29-inch material, 16 yards. Velvet belt.

Charming Coat and Skirt of White Serge or Tweed.

No. 6135, Page 25. Excellent model for Pirle-finished cream tweed. Three-piece umbrella skirt, with stitched seams. Wear over a five-gore foundation skirt. The elegant short sacque coat of the skirt material has a back, two sides, two two-piece fronts, front and back seams lapped. Stitch and press the seams after fitting. Interline fronts with lino and face with the material. Stitch the edge. Coat closes with metal buttons. Line with silk or polonaise, cut on coat pattern, but seamed apart, the edges slipstitched to stitched coat edges and front facings. Collar of tweed, faced with velvet. One-piece full sleeve, draped on a lining, with stiffened cuff, faced with tweed. Metal buttons. 54-inch material, 6½ yards.

Summer Gown of Silk and Wool Æolienne.

No. 6136, Page 25. A full five-gore skirt, quite untrimmed, is worn over a five-gore foundation skirt. The full blouse of the transparent fabric, is worn over a glacé slip. Vest of spotted net. The two fronts are nearly covered with a lace collarette with Valenciennes frills, strapped with glacé matching the skirt in colour. Band collar of the net, draped on bones. The wide puff sleeve arranged on a silk lining, is pleated into a strapped silk cuff, trimmed with frills. High corselet belt of the Æolienne, mounted on bones. 46-inch material, 8 yards. For Æolienne send to Best's Dress Goods Company, Bradford.

Empire Bridal Dress.

No. 6137, Page 26. A six-piece umbrella skirt—two backs, two sides, two fronts—of soft white satin mounted on a three-piece Empire bodice. For double-width soft satin send to the Holborn Silk Market, Holborn Bars, E.C. An Empire sash of satin decorates the gown on the bust over the quilling of satin which veils the bodice lining. Skirt is decorated with wreaths of roses made in white chiffon and silver. Skirt has a small chiffon or satin ruche at edge. Vest and band collar of fine lace. One-piece sleeve gathered on a lining, with lace frills. 44-46-inch material, 9 yards. Where the material is too narrow for breadths, added corners must be seamed up the selvedges.

Empire Evening Gown.

No. 6138, Page 27. Dress fastens at back. Full unlined skirt of soft pale pink crêpe de chine (five gores) mounted into a three-piece bodice of lined rose velvet, strapped with bias

(*Continued on page 44*)

Worth Knowing.—Dr. Walcott, M.D., writes: "For irritation of the scalp, removal of scurf, and loss of hair I have used Hopgood's Nutritive and Sedative Hair Cream with unfailing success." Dr. Salter, M.D.: "I have witnessed its effects in restoring the hair to an extent truly surprising." Fifty years' success: Bottles 1s. 6d., 2s. 6d., and 3s. 6d., of all Chemists and Perfumers. Wholesale Agency, 51, Frith Street, London, W.

"I have taken your Journal for seven years. and find it very useful'.—L. Bradbury, 38, Gladstone Avenue, W. G., N

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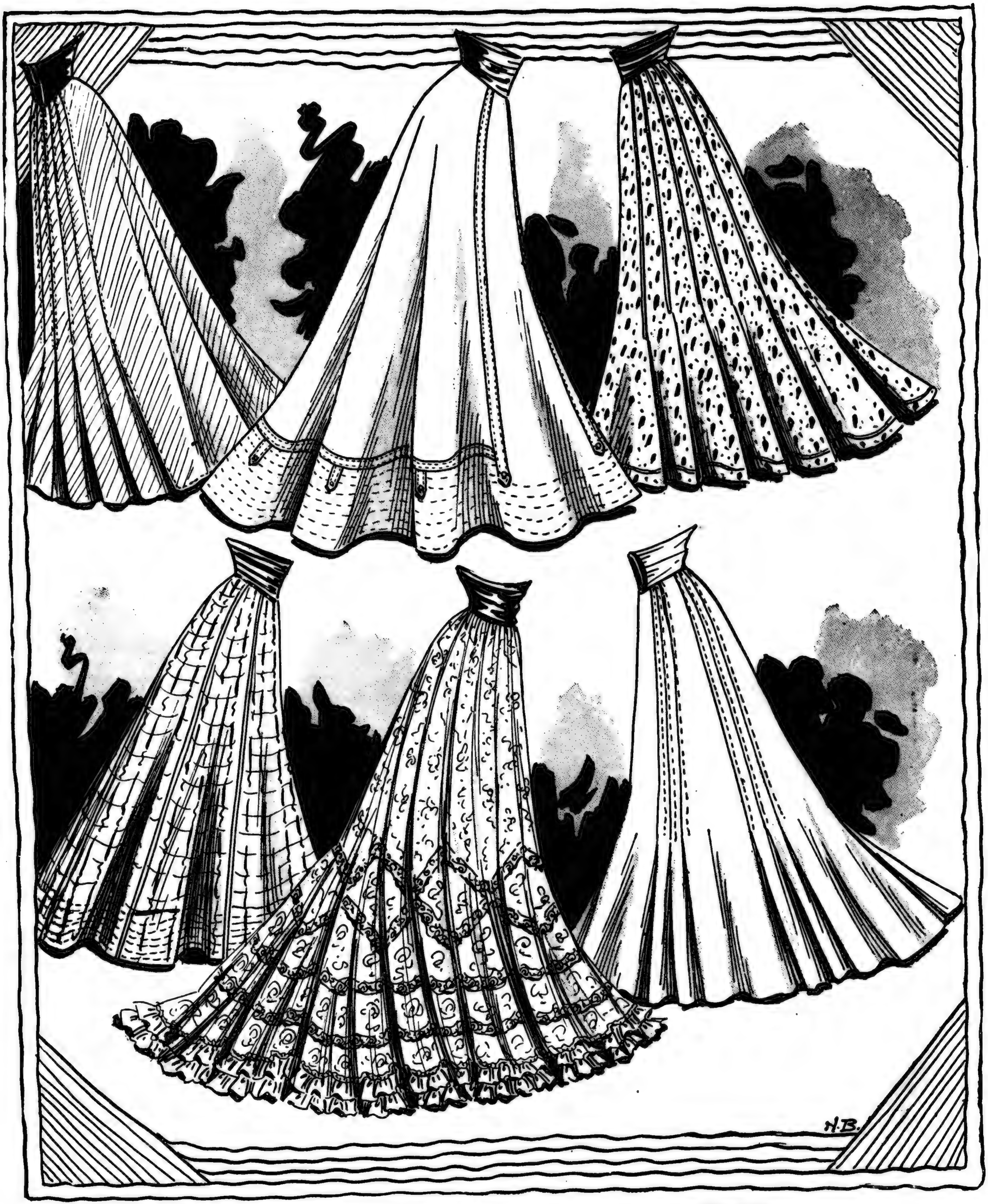
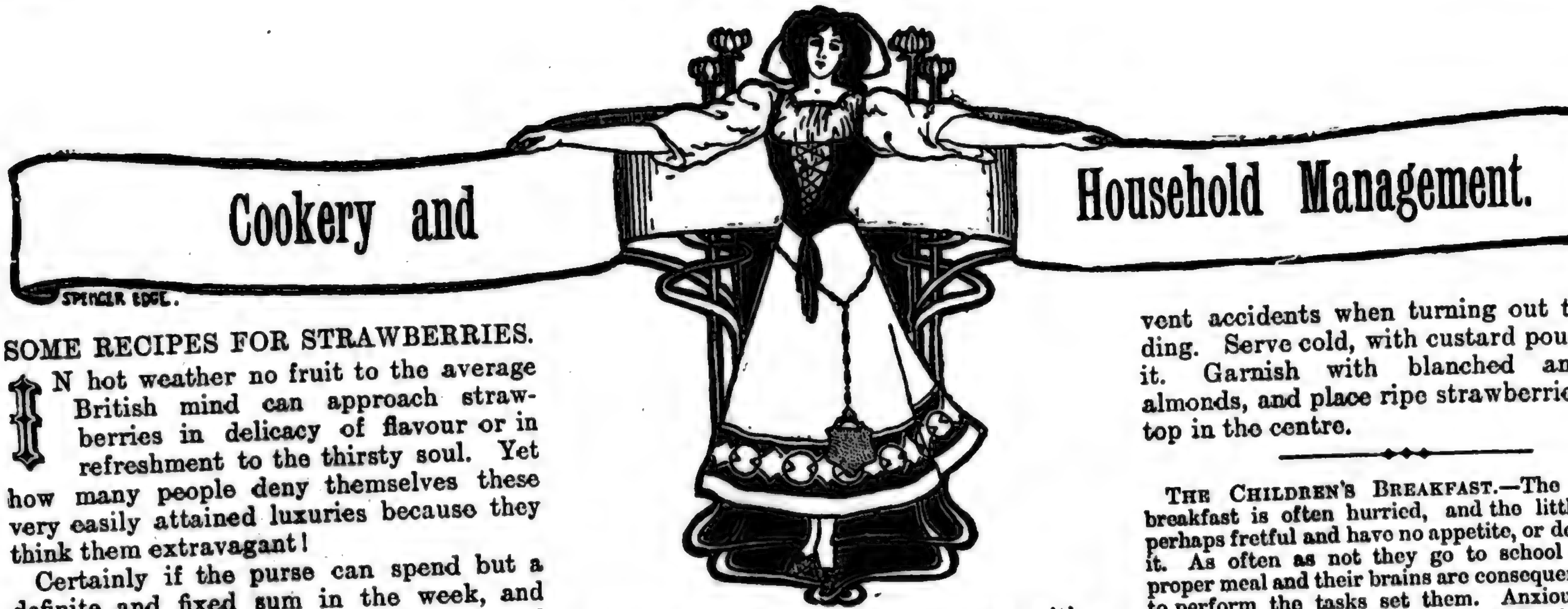


No. 6147 No. 6148 No. 6149

THE NEWEST TAILOR SKIRTS.

For Description see Pages 30 to 34.

Price of Paper Patterns, Pleated or Tucked Skirts, each 1s. 0½d.; Skirts, or Foundation Skirts, each 6½d., post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*


SPENCER EDGE.

Cookery and Household Management.

SOME RECIPES FOR STRAWBERRIES.

IN hot weather no fruit to the average British mind can approach strawberries in delicacy of flavour or in refreshment to the thirsty soul. Yet how many people deny themselves these very easily attained luxuries because they think them extravagant!

Certainly if the purse can spend but a definite and fixed sum in the week, and strawberries and cream are indulged in, ad libitum, in addition to the ordinary foods, extravagance may be pleaded, inasmuch as there is a going beyond legitimate housekeeping expenses.

But if the wise one who watches the market, the weather, and the crops decides that instead of puddings and pies, available all the year round, she will during the golden days of summer dispense with these, and have fresh strawberries and cream one day, a strawberry salad next day, and so long as the delicious berries are "in" and are liked and enjoyed by her household she will use them in as many different forms as she can, who can say she is extravagant? Rather must we praise her forethought, her good taste, her mindfulness of the pleasures she can bestow on others, and, last but certainly not least, her recollection that labour in the kitchen in hot weather ought to be considerably reduced.

I give below several recipes which are all good and tried friends, adding to, and not subtracting from, the natural charms of strawberries:—

Strawberry Cream.—Bruise 1 pint of strawberries with 6oz of sifted sugar, add to these 1 gill of whipped cream and 1 glass of sherry. Mix all well together, and serve in custard glasses; have wafers handed with it.

Strawberry Mould.—Crush as many strawberries as are desired to a pulp, and flavour to taste with lemon juice, sweetening also if sugar is necessary. To every pint of pulp allow 1oz of gelatine, dissolved in a little hot water. Stir all together until the mixture begins to set, when it is ready to put into a wetted mould. Turn out when set, and serve either with whipped cream, or junket, or custard.

A Strawberry Chartreuse.—Line a mould with jelly flavoured with Chartreuse. Make a strawberry cream by the recipe given above, but stiffen it with a little gelatine dissolved in hot milk. Fill up the mould, and when set turn out and garnish with fresh strawberries coated with sugar.

Strawberry Trifle.—Remove all stalks, and cut the strawberries in halves; sprinkle with sugar, and flavour with lemon, or brandy, or any liqueur at hand which may be suitable. Add two or three ounces of ratafias according to the amount of strawberries used, and a few split almonds. Cover with custard, and ornament with a méringue of white of egg and sugar, or with whipped cream (coloured carmine), or use the trifle quite plain.

Strawberry Shortcake.—This is a very nice American dish. Make a cake of puff pastry, baked in a round tin about 4 inches deep. When cooked, turn out of the tin and cut a circle in the bottom of the cake about an inch from the edge. Underneath this cut-out circle, which must be about two inches deep, scoop out the pastry, and fill the cavity with fresh strawberries which have been crushed and sweetened, and have stood for an hour or so. (Reserve the syrup which has run from them, and serve this as a sauce.) Replace the pastry. Cover all with a stiff méringue. Place in the oven to colour and dry the méringue, and serve at once. It is important to make this dish quickly, and to serve it quite fresh.

Three Recipes for Strawberry Charlotte.—No. I. Line a mould with Carlsbay wafers, and ornament the bottom with strawberries cut in half. Fill the centre with whipped cream, flavoured with vanilla or a little liqueur, and at the last moment stir in lightly a few strawberries previously dipped in sifted sugar and half an ounce of gelatine dissolved in a little boiling water.

No. II. Ornament a mould with strawberries cut in half and dipped in sugar (red side of the fruit against the mould). Work 1lb of strawberries through a sieve with 1oz of sugar. Whip 1 pint of cream, add the sieved fruit, then the gelatine, and colour with a few drops of carmine. When nearly set pour into the mould.

No. III. Line a plain mould with savoy biscuits. Make a syrup with 1lb of sugar to 1 pint of water. Let it boil, and when clear add ¾lb strawberries to each pound of sugar. Boil up, but do not let the strawberries lose their shape. Pour while hot into a mould, cover closely, and let it stand. Turn out when set. The syrup should be strong enough to "set" this shape, but in cases of doubt add a little dissolved gelatine.

Strawberry Pudding.—Line a piedish with bread and butter. Boil together 1 quart of strawberries and 1 quart of red currants, sweeten to taste, and pour into the mould. Cover over with slices of bread and butter, and leave till cold. If the mixture seems too wet, add a little gelatine to prevent accidents when turning out the pudding. Serve cold, with custard poured over it. Garnish with blanched and split almonds, and place ripe strawberries on the top in the centre.

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The Children's Breakfast.—The children's breakfast is often hurried, and the little ones are perhaps fretful and have no appetite, or do not fancy it. As often as not they go to school without a proper meal and their brains are consequently unable to perform the tasks set them. Anxious mothers should take to heart the advice of the King's physician, Sir Francis Laking, and give their children plenty of currant bread. When all other foods fail to tempt their appetites a slice or two of currant bread will be readily eaten, as in the eyes of the children the fruit transforms the bread into an attractive luxury. Apart from this consideration, careful analysis has proved conclusively that the currant is a perfect food containing all those important elements necessary for the nourishment of the brain and body of the growing child; indeed so wholesome and sustaining are these small dried grapes that the fruit enters largely into the cookery of Continental households. Mothers will find that their children keenly appreciate a slice or two of currant bread which they can take to school and eat in the play interval.

Bread Cake.—To make a common bread cake, separate from the dough when making white bread as much as is sufficient for a quartern loaf, and knead well into it two ounces of butter, two of sugar, and eight of currants. Warm the butter in a teacupful of good milk. By adding another ounce of butter or sugar, or an egg or two, the cake may be improved, especially by putting in a teacupful of raw cream. It is best to bake it in a pan, rather than as a loaf, the outside being less hard.

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ANSWERS TO CORRESPONDENTS.

Custard.—You may vary the richness of custard to any extent by adding many or few eggs. To one pint of milk two eggs is an ordinary quantity. One egg will make a very plain and three a very rich custard. Warm the milk and pour it on to the well-whipped eggs, add a little loaf sugar and a pinch of salt, put the mixture in a jug, and stand the jug in a pan of hot water over the fire. Stir the custard steadily, all one way, and when it begins to thicken set aside till cold. You can add any flavour you like—and chopped almond, too, if you wish. Be careful not to let it boil or it will curdle. —Trafalgar.

Cleaning Made Easy.—Yes; I have really and truly had the vacuum process of cleaning tried in my own house, and I find it really excellent. The disadvantage is that carpets are not moved round to change the "tread;" and I am old-fashioned enough, too, to like to have the floors washed once in a while. I think for myself I shall have vacuum cleaners in the autumn, but the old system of lifting and beating carpets and washing floors in spring. For bedding and upholstered furniture I have only praise, for it does clean these beautifully. I am sorry I can't give you an address; but there will be a branch, surely, in your big town.—Cat-o'-nine-tails.

Washing Paint.—You will revel in ease in spring cleaning if you wash your paint, especially varnished doors, with water in which to each pailful you have put one gill of this mixture:—1lb glue, ½lb washing soda, boiled in 1 quart of soft water and allowed to get cold. Wash in the usual way, but finish with the cloth wrung out lightly, and rubbed on the grain of the paint. Do not dry at all. The self-drying is the great point, and the effect is wonderful.—Margaret.

An Old Stove.—Wash the stove, dear lady, with strong soda and water and dry well. Then mix blacklead with turpentine instead of water, and polish in the usual way. I think this will clean your old and rusty stove perfectly.—Antica.

"Being a dressmaker, I find your journal most useful to me, and feel I do not like to be without it."—F. M.

Prize Recipes and Household Hints.

NOTE.—All recipes and hints intended for competition must be sent to Mrs. Hope, 10 and 11, Fetter Lane, E.C. They should not be included in envelopes containing queries for other departments, as that entails considerable delay, and often causes the competing papers to reach Mrs. Hope too late for the Competition. Competitors must write their recipes or hints each on a separate sheet, and must put *their name and address* on each.

Mrs. Hope wishes it to be understood that she cannot enter into correspondence with regard to the Hints and Recipes Competitions.

She must further remind competitors that efforts which are not accompanied by a coupon are not considered at all, and that names and addresses of *prize winners* are always printed. All efforts are welcomed, but the rules must be kept, and competitors who write "please do not publish my address" must not expect to gain prizes.

PRIZE COOKERY RECIPES.

A prize of 2s. 6d. has been awarded for each of the four following Cookery Hints:—

Cream Cake.—Cream together one teacupful of butter, and two teacupfuls of sugar. Add a cupful of milk and the whites of three eggs, well beaten. Mix thoroughly, and then dredge one-and-a-half cupfuls of flour, the same quantity of ground rice, and a teaspoonful of baking powder. Beat the mixture well for five minutes; then pour into five round tins of the same size, and bake lightly. While baking, prepare the icing thus: Take two cupfuls of icing sugar, and add half a wineglassful of cold water. Boil until it becomes streaky; then add the whites of two well-beaten eggs. Flavour with orange-flower or rose-water. Spread a layer of icing on each of the slices of cake, and pile one on the top of the other, covering the whole with icing. Ornament with chopped pistachio nuts sprinkled lightly over the surface of the icing.—Miss Giles, Woodgrange, Exmouth.

Oyster Olives (a Welsh dish).—Have 1lb of the inside of a loin of mutton, ½lb of suet picked free from skin, and a pint of oysters, bearded. Chop them separately very finely, then mix altogether, season with pepper, salt, and mace, and bind with two eggs. Put into a glazed earthenware pot, covered closely, it will keep several days. When wanted for use roll the mixture up like sausages, and fry lightly in a little fresh butter. Add some crumbs of stale bread and the oyster liquor, and serve the olives up in a rich gravy.—Miss Dorothy Mytton, Garth, Welshpool.

Devilled Breast of Mutton.—Choose a piece of mutton, not too fat, and remove the outer skin. Put the meat into a saucepan and cover with boiling water, add an onion and salt to taste, and simmer gently until cooked. When done, take out and press under a weighted dish until cold. Then score it almost through with a knife; then turn it round and score it from side to side until it is practically sliced in squares, but not cut through. Sprinkle each side thickly with salt and pepper, then spread three teaspoonfuls of made mustard on each side, and pour a few drops of Worcester Sauce, and grill well on both sides. Cut with a sharp knife into squares and send to table very hot.—Miss Stewart, 16, Orchard Road, Eastbourne.

Beignets.—Put half a pound of flour into a basin, and with a wooden spoon make a hole in the middle of it, and break in the yolks of three eggs. Beat the whites of the three eggs separately in another basin. Beat the yolks and flour together, add a little milk, and continue beating, then add the beaten whites and a little more milk, and continue beating until all is of the consistency of thick cream. Have ready a saucepanful of boiling lard, drop the mixture in, a spoonful at a time, and cook till a light brown. Serve piled on a dish and sprinkle with castor sugar.—Mrs. Cyril Sewell, The Limes, Cirencester.

RECIPES COMMENDED AND RECOMMENDED.

Scotch Cream Toast.—Take one small Finnan haddock, previously boiled, skinned, and boned, or any other remains of similar fish would do. Mash up well with a fork, adding a little warm butter, with salt and pepper to taste. When these are well worked together add a little anchovy sauce, parsley, butter, or even milk, and continue to beat until the mixture is a thick cream. Cut the required amount of buttered toast into fancy shapes, and pour the creamed fish over. This makes a dainty supper or breakfast dish, and is equally tasty hot or cold. Stoke Newington.

Brandy Snaps.—Two cupfuls each of flour and sugar, one ounce of butter, one ounce of lard, half a saltspoonful of salt, and 1lb of golden syrup or treacle. Rub the butter and lard into the flour, add the salt, sugar, and treacle, and mix well together. Well grease a cake tin and drop the mixture in rough heaps. Bake ten minutes in a hot oven. Remove from the tin while hot, and roll into shape.—Bolton.

Prune Pudding.—Stew some prunes (removing the stones) and put into a piedish to one-third of its depth. Put some well-boiled rice over the prunes, and on that sufficient boiled custard to fill the dish. Just before serving, arrange some ratafia biscuits on the top. This pudding may be eaten either hot or cold.—Darlington.

Sheep's Head Pie.—This is a very economical as well as a very tasty dish. Boil a sheep's head till tender, then remove the meat from the bones and cut it into small pieces. Boil some eggs hard (twelve to twenty minutes), put them in cold water for a few minutes, then remove the shells and cut into slices. Place a layer of sheep's head in the bottom of a piedish, adding a little bacon, cut in small pieces, here and there (¼lb is enough for the whole pie). Then put a layer of slices of egg. Season with salt and pepper. Repeat these layers until the dish is full. Pour over all a cupful of the liquor left from boiling the head. Cover with a flaky crust, and serve either hot or cold.—Lewes.

FOUR PRIZES, EACH 2s. 6d.,

ARE AWARDED FOR THE

FOUR BEST COOKERY RECIPES.

FOUR PRIZES, EACH 2s. 6d.,

ARE AWARDED FOR THE

FOUR BEST HOUSEHOLD HINTS.

Home Made Essence of Celery.—Soak ½oz. of celery seed in a gill of brandy for a fortnight. A few drops of this will give flavour equal to that from a whole head of celery.—County Durham.

Coffee Cream.—Melt half an ounce of gelatine in hot water and allow it to become nearly cold. Whip half a pint of cream as thick as possible, add two tablespoonsfuls of coffee essence, four ounces of sifted sugar, and lastly strain in the gelatine. Turn into a well-wetted mould for two hours. It is then ready to turn out and serve.—Havant.

Savoury Eggs.—Break three new laid eggs into a small piedish (being very careful not to break the yolks), pour gently over them two tablespoonfuls of cream, season with a litttle salt and pepper, and bake in a quick oven for abcut four minutes, or until just set. Serve at once in the dish.—Wokingham.

HOUSEHOLD HINTS.

A prize of 2s. 6d. has been awarded for each of the four following Household Hints:—

A Hint for Cleaning Gilt Frames.—Wipe gilt frames very gently with a sponge damped with spirits of wine or oil of turpentine. Do not rub and do not dry; simply allow them to dry of themselves.—Miss J. Puttick, 3, Holland Road, Brixton, S.W.

To Remove Oil Stains from Wood.—Make a stiff paste from pipeclay and water, and spread it on the stained surface. Leave until next day, then remove the pipeclay, when the stains will be found to have disappeared.—Miss R. H. Passmore, Kinrara, Sidmouth, Devon.

A Saving of Labour in Window Cleaning.—The addition of a little paraffin oil to the water used for cleaning windows will render the task an easy one, and will ensure a high polish.—Mrs. E. Turner, 40, Lena Gardens, Shepherd's Bush Road, London, W.

Three Useful Hints.—(1) A few drops of methylated spirits added to any kind of blacklead will heighten polish and lessen labour. (2) Stale bread, cakes, and scones may be made quite fresh again by dipping in cold water and baking in a hot oven for five to ten minutes. (3) When making marmalade, if the juice is squeezed out of the fruit before cutting, it will be easier to cut and more economical.—Miss A. Taylor, 19, Columba Road Bolton.

HOUSEHOLD HINTS COMMENDED ANI RECOMMENDED.

For Broken China.—Unslaked lime or plaste of Paris, mixed with white of egg to the consistenc of cream, will produce an excellent cement fo mending china.—Cirencester.

A Cooking Hint.—A little milk added to th water in which potatoes are boiled will make ther white and will improve their flavour.—London, S.W

A Hint for Cooking Bacon or Ham.—I bacon or ham is steamed, instead of being boiled, it flavour will be preserved in a surprising way, whil it will also be much more tender. It should b scraped, and well washed, and put into a steamer over boiling water. The time required is about on fourth more than that allowed for boiling.— Eastbourne.

Economy in Soap.—A good way to use up sma pieces of toilet soap is to make a little flannel ba about three inches square, in which to collect th scraps. When full sew up; it will be found ver handy to use.—Exmouth.

A Hint on Washing China.—When washin valuable china have the water very soapy and ver hot. Use a mop to remove the dust, &c., and rins out of the soapy water, drying immediately with so towels. The china will be very bright and polishe —Backworth.

To Renovate Straw Hats.—It is almost in possible to give to a soiled, sun-burnt straw ha which has once been white, its original delicacy o tint. If the shape is liked, and the straw is di coloured, instead of trying to clean it, it will b found more satisfactory to dye it one of the ne light tints—like leaf green or mauve—by the aid o Aspinall's Hat Varnish, which can be got at ar stores.

Cookery Recipes and Household Hints

PRIZE COMPETITION

To provide our readers with interesting an original recipes for Cooking and Hints for th Household, we are offering:—

FOUR PRIZES, 2s. 6d. each,
for the Four Best Cooking Recipes, an

FOUR PRIZES, 2s. 6d. each,
for the Four Best Household Hints.

Competitors must send in their Recipes an Hints on or before June 15, addressed t "Mrs. Hope, Myra's Journal" Office, 10 and 11 Fetter Lane, E.C.

One or both the coupons below must be sent i with the Recipes or Hints.

Competitors must write their Cookery Recipe and Household Hints on *separate sheets*, and pu their name and address on each. The sheet can then be pinned together with each coupon.

COOKING RECIPES.
JUNE, 1906.

HOUSEHOLD HINTS.
JUNE, 1906.

The Result of the Competition will be publishe in the August number.

"Wishing your splendid journal every success."—C. A.

EMPLOYMENTS.

REPORT OF THE CENTRAL BUREAU FOR WOMEN'S EMPLOYMENT.

(9, Southampton Street, High Holborn, W.C.)

THE report for 1905 of the year's work of this admirable society gives us a good idea of the progress made by women workers of all classes, and also of the possibilities and openings now existing for them. With regard to these latter I cannot do better than quote the "brief summary of eight years' work" which prefaces the annual report:—"There is a steady increase in the salaries given to educated women. . . . Owing to the special interest now taken in health, which has led to a new 'Science of Health,' quite a small army of educated women are now employed as sanitary inspectors, health lecturers, &c., and there are continually new openings in this direction. With regard to archæology, there are several women lecturers upon this subject; but no regular appointments to archæological lectureships have yet been made. The engagement of women photographers and women artists to accompany excavation parties is at its very beginning; but this work not only exacts very special ability, both of photography and draughtsmanship, but the rough living of most digging camps calls for adaptability to circumstances and excellent health. Women are eligible for membership on an equal footing with men to the British Archæological Association and the Royal Archæological Institute.

ELEMENTARY TEACHING.

"Owing to the splendid opportunities which elementary teaching affords, the Bureau is now constantly recommending applicants who wish for teaching of some sort to adopt this branch of the profession. . . . The Society of British Architects, as well as the Royal Institute, is quite friendly to women, and they have every opportunity of succeeding in a profession which, by its very nature, calls for so much of the knowledge instinctive to them. . . . The possibilities of trade for educated women are becoming more and more recognised. . . . The demand for lady cooks, housemaids, &c., is much greater than the supply, and the lady nurse has proved herself to be entirely successful. . . . The pay and conditions of domestic service for ladies are improving year by year, and there seems little reason to doubt but that the prejudices in regard to this occupation will soon grow imperceptible. Employers are more and more realising the value of trained service, and bettering the profession on their own account by demanding certificated workers."

SOME POSTS FILLED DURING THE YEAR.

Lady cook (private post) at £50, resident; superintendent of a girls' club, £70 and house; companion-gardener, £35, resident; laundry manageress, £85; manageress of a cottage laundry, £140 and cottage, but has to pay one or two village girls as workers; housekeeper of private house, £50, resident; two private secretaries, £150 each; lady matron of girls' school, £40, resident. The above, selected from many quoted, will give some idea of the scope of the Bureau, and also of the rates of pay for the different kinds of work. The examples mentioned, however, will give a sufficiently clear idea of the valuable work done by the Bureau.

ELEMENTARY SCHOOL TEACHING FOR LADIES.

As we learn on the best authority—vide the quotation above—that elementary teaching offers "splendid opportunities" to ladies who must work, and who like teaching, I cannot do better than discuss the subject this month.

WHAT IT OFFERS.

Certainty and security of employment, and training at a very low cost. Fixed duties and fixed hours, which cannot be extended save voluntarily, thus guaranteeing independence.

The salaries compare very favourably with the other branches of the teaching profession. On leaving the training college and becoming an assistant mistress a salary of £60-85 can usually be obtained, rising to £100-120 in the provinces, or £140-£150 in or near London.

Head mistresses get in the country about £60-£100 to begin with, depending on the place and the size of the school, up to £150 or so in the provinces, and a possible £200 or more in and about London.

PENSIONS.

All certificated teachers, on certain conditions, are entitled to a pension at the age of sixty-five. "In order to obtain this a woman teacher must contribute £2 4s. per annum, and must serve as a teacher in a recognised school for at least half the number of years from the date of obtaining her certificate to the date when she becomes sixty-five years of age. The amount of superannuation is calculated at the rate of 10s. for each complete year of recorded service, plus the annuity derived from the investment of £2 4s. per annum. Should the teacher break down in health before she reaches the age of sixty-five years, and after at least ten years of recorded service, the Treasury may, subject to the prescribed conditions, grant to such teacher an annual allowance called a 'disablement allowance.' In the case of a woman this will be £15 for ten years of recorded service, with the addition of 13s. 4d. for each complete additional year of recorded service."

TRAINING.

There are various training colleges, both residential and non-residential, all over the country, and I can give addresses and particulars to any inquirer of the nearest to their locality. There are Church of England, Roman Catholic, Wesleyan, British and Foreign School Society, undenominational, residential, and non-residential.

I might mention that at Salisbury there is a hostel affiliated to the Training College, which is intended for ladies who intend to take up elementary teaching; and at Chichester there is the Bishop Otter's Memorial College for the Daughters of Clergy, professional men, &c.

The cost of training differs in different places. Pupil teachers for the first year are paid about £10-£15, and for the second year £15-£18, at a rough estimate. Books, as a rule, are found, and grants are often made for passing the matriculation or scholarship examination.

An entrance fee is paid on entering a training college, from £5 to £25, according to the college chosen.

At the residential colleges everything is provided free, except books, travelling expenses, &c. In the non-residential colleges a grant is made by the Board of Education, and students live in rooms or hostels.

From the above it will be seen that this profession has much—very much—to commend it to those with a taste for teaching, and who have little to spend on training. Compared with other branches of this occupation, the return on the original outlay is surprisingly good.

FROM "WOMEN'S EMPLOYMENTS."

Lady Working Dressmakers Wanted.—A lady "consulting" dressmaker wants "to hear of ladies who will do the work in their own homes. They must consent to come to clients' houses to fetch it, they must have been trained, and acquired a really good cut; they should charge the usual working dressmakers' prices, they must keep punctually their appointments for fittings, and deliver the finished work up to time."

Any reader who cares to avail herself of this offer should write, and I will forward the letter to its proper destination.

FREE REGISTER.

Will correspondents kindly note that notices for re-insertion must either be cut out of this list, or copied on one side of a separate sheet of paper. In every case the Register number must be put at the top left-hand corner.

No. 414.—Blouse specialist. Ladies' own material. Plain styles, 2s. Any design copied. Numerous testimonials.

No. 421.—Masseuse for ladies at their own residences. Certificated; references; facial massage.

No. 425.—Dressmaker (first-class diploma, London Higher Technical) has vacancy in her workroom for pupil. Small premium. Thorough training.

No. 426.—Young dressmaker wants to meet with another to work up a connection from the beginning.—(London, S.W.)

No. 427.—Dressmaking wanted at ladies' houses.—(Putney Bridge.)

No. 428.—High-class dressmaker wants orders. Excellent fitter. Moderate charges.—(Near Westbourne Park Station.)

No. 429.—Wanted needlework at ladies' houses, by day or week. Plain dressmaking, renovations, alterations, and children's work, Terms, 2s. 6d. a day and expenses.—(S.W.)

(*For Answers to Correspondents, see page 46*)

"GATES OF PEARL," by Dame Deborah Primrose, should be read at once by all desiring white pearl-like teeth. Sent enclosed FREE by Shipley Slipper, Dental Surgeon, 37, High Holborn, London, W.C.

"I have been a subscriber for years and always find your journal so useful."—C. A.

OLD-FASHIONED HOUSES.

HOWEVER rambling and inconvenient an old-world house may be, there is, nevertheless, a certain atmosphere about it which makes it very hard for anyone accustomed to such a home to "take kindly" to a modern desirable residence. Although the latter may hold out tempting bait in the shape of bath-room, electric light, and slow combustion grate, yet it fails to oust the charms of an old-fashioned house with its unexpected nooks, its irregular lines, and its low ceilings. On the other hand, anyone brought up to appreciate the comfort of modern appliances and to delight in the lofty rooms and the square commonplaceness of an up-to-date house might well feel despair when faced with rooms whose floors, as well as walls, are frankly crooked, passages with a step up in one place and down in another, stone floors, and all the other irregularities which the genuine lovers of old houses forgive, and even admire. Such houses afford great scope for any one whose notions are rather different from other people's, and who feel that they can scarcely give rein to their fancy in a house which is exactly like hundreds of others. But on the other hand an old house leads inevitably to disappointment if its owner is possessed of a mania for the "latest novelty," or even if she is one of those people who feel happy in the knowledge that her house or her dress must be quite correct, because it is just like every one else's. Old-time houses must be allowed a certain individuality, and taken with a quite open mind, regardless of the treatment meted out to more regular and conventional rooms. Friezes, for instance, have to be avoided if the crooked lines of the ceiling are not to be accentuated, and fitted carpets are also a mistake, as one finds that either they must be made an extraordinary shape or the margin of stained boards round must be wider in some places than in others. It is quite usual in old houses for a room to be three or four feet wider at one end than at the other, or for an alcove on one side of the fireplace to be far deeper than the one on the other side, and these little lapses from the ordinary must be taken into consideration when the furnishing and general treatment of the room is planned. For the floor I think nothing is more satisfactory than a dark oak varnish stain all over, with a few good rugs strewn about; or, if this plan is disliked, the room can be fitted right up to the wainscot with cord carpet in a neutral shade, which also makes an admirable background for rugs.

The odd nooks and corners must be cultivated and made to play their part. Our sketch shows a deep recess or alcove in an old house, which forms a great feature in the study it adorns. It is lined all round, up to about three feet from the ceiling, with bookshelves, and these terminate on the wall side in a good big cupboard, with a shelf for books above. The doors of this cupboard can be treated in a variety of ways, either carved, or treated in a bold way with poker work, or the panels could be merely covered with a good conventional tapestry, and the rest of the cupboard stained dark oak. Deal would be quite good enough for both shelves and cupboard, so the cost of the fitment would not be great. On the top of the shelves blue Delf, lustre ware, or old bits of brass and copper work would stand, and the whole effect would be charming. If the recess were large enough to admit a chair, this would be a cosy and secluded spot for reading. The recess opposite, whether it be the same size or not, should be treated in quite a different manner. The bedrooms in an old house are more easily treated. A certain simplicity should be observed, and odd bits of old furniture picked up at sales at various times are far more in keeping than orthodox suites would be. An old oak chest with a slab of marble on the top makes a delightful washstand, and I have seen a most uncommon dressing table formed of a small dinner waggon, with an old mahogany swing mirror stood on top. Wall papers are very easily chosen now there is a revival of old-fashioned styles. Some of the chintz-like patterns make very pretty countrified rooms, and an ivy trellis design on a white ground has a specially happy effect. With a floral paper I like white dimity curtains, hung from a frilled valance to match, and if the bed has hangings, these can be made of the same, with a lining of pink or green. Curtains of a flowery chintz or cretonne always look well, but these should only be hung where the walls are white or quite self-coloured.

For the bedroom floors in an old house I would have either the stain and rugs prescribed for downstairs, or the rooms should be fitted with China matting. This always looks fresh and simple, and if a good quality is chosen wears well.

A quaint simplicity, an absence of modern odds and ends, and plenty of bold colour, are the most essential elements in the success of an old fashioned house.

J. Leslie

Trade Mark.

"PLASMON COCOA CONTAINS ALL THE CONSTITUENTS ABLE TO SUPPORT LIFE."—Lancet.

AIDS DIGESTION.
PROMOTES
REFRESHING
SLEEP.

PLASMON COCOA

One Cup contains more nourishment than **10 cups** of any ordinary cocoa, *and is absolutely free from chemicals* **and added starchy matter:**

NOURISHES.
WARMS.
STRENGTHENS.

Health and Beauty.

ANSWERS TO CORRESPONDENTS.

All letters to be addressed to Mistress Anne Paje, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

Favorita.—In order to get a beautiful complexion you must be sure that you have a full bath every day in tepid soft water, lathering the skin of your body well with a good soap, but rinsing this all off again before drying with a soft and absorbent towel. If you have only hard tap-water to use you must soften it with a tablet of "Pasta Mack" (1s. a box of tablets at every chemist's), and you should use "Pasta Mack Soap," which is quite one of the best, and which will cleanse your pores and give your skin such a dainty perfume. You should wash your face in the way I directed in my article in Myra's Journal for May, and you must be most careful to avoid pastry, pickles, cheese (unless finely grated), fat meat, rich soups, gravies, and such things, while you should eat Plasmon porridge, fruit, and some green vegetable every day. Practice a few physical-culture exercises—such as those illustrated in "*Beauty of Figure*," (2s. 6d.), by Deborah Primrose—and be sure you never forget to take a walk of at least a couple of miles in the fresh air every day. Doctors who are famous for their treatment of the skin say we should walk at least five miles.

Aunt Jim.—The pain you describe so graphically sounds like rheumatism, and you should add 1lb. of common washing soda to your bath, which you would be wise to take at night instead of in the morning until the tendency to this ailment is cured. Take a course of "Clarke's Blood Mixture" (2s. 9d. at any chemist's), and let your diet for the present consist chiefly of milk, soft-boiled eggs, vegetables (except mushrooms, beans and peas) and fruit. Avoid meat, fish, poultry and game, tea and coffee, ale and stout, as far as you possibly can, and let distilled water, milk, or good cocca, such as Epps's, suffice for your beverages.

Joscelyne.—To cure your face and back of those distressing pimples rub "Cream of Sulphur" (2s. 9d., in such a nice glass toilet jar, from Mr. Mason, 25, Bank Plain, Norwich) into all the affected skin, and follow the rules of hygiene I have advised in my answer to "Favorita."

Honora.—Of course, you can have the hair removed from your arms by electrolysis, but as there would be such a large area to operate upon, you would find it rather a costly and a long business. Try the effect of removing the blemish with "James's Depilatory" (1s. 3d. from Mrs. C. James, 268, Caledonian Road, London, N.), and I think you will be quite satisfied, though the hairs may return again once or twice, when you should at once use the depilatory again.

Middle-Age (1).—A perfectly harmless cure for over-stoutness is the one known as "Dr. Ritter's Capsules for the cure of Corpulency." You can get a case of these capsules post free for 2s. 6d. from Dr. Horn 43, Parkwood Road, Bournemouth, and when you have taken them you will feel and look better, and will see yourself getting slimmer. (2) I am sure you would find that wearing the "H. S." Corset would at once give your figure the appearance of more slimness and elegance. Write to Messrs. H. Sherwood and Co., Ltd., 12, London Wall, London, E.C., for the "Booklet M," which will show you the different styles in which this splendid, yet most inexpensive, corset is made, and then choose one that goes well down on the hips, with suspendors there as well as in front, and be sure it is also one that is cut low under the arms and at the bust. You will really be astonished at the improvement this will at once make in the appearance of your figure.

Switzerlandee.—You are quite right in thinking that soap and water is sometimes calculated to do more harm than good to the skin, and this is often found to be so when mountain-climbing in Switzerland or elsewhere. You should take a supply of "Oatine" abroad with you, and it will be best that you have this put up for you by The Oatine Co., 131, Denman Street, London Bridge, London, S.E. They will send you a large sample jar for 1s. 3d., with an illustrated book showing how to use it in beauty-culture, and telling you of the cleansing properties of this cream. It happily does not encourage superfluous hairs.

Teacher.—(1) To arrest the greyness in your hair, which is already making you look older than you are, and older than you can afford to look, take a little "Petrolate of Sulphur" (2s. 6d. from Mr. Mason, 25, Bank Plain, Norwich) on your finger tips each night, and rub the skin of your head well with them, then, for ten minutes, lubricating the fingers again and again as the nourishing Petrolate gets absorbed. (2) To send away those tiresome wrinkles, use the same Mr. Mason's "Crême Suprême" (2s. 9d.) every night in the way shown in the pictures in the same Mr. Mason's book, "*Face Massage and the Care of The Complexion*," which he will give you, without any extra charge if you say you are a reader of Myra's Journal. It is a most interesting and instructive book, which he will send gratis and post free to any reader of ours who will send him her name and address for it, and of course mention that they read our journal. Try not to be too anxious about things, though I know this advice is easier to give than to take, but worry is such a great promoter of wrinkles as well as of hairfall and greyness.

Miss M.—In order to have a really good complexion that will obviate the necessity for the use of rouge you should proceed as follows:—(*a*) Take after each of your meals one "Zobeide Complexion Pearl," of which you can get a box post free for 1s. 7d. from Mrs. Maine, 41, Conduit Street, London, W. (*b*) Every morning have a tepid all-over bath, giving yourself a good lather while in it, rinsing this all off again and giving yourself vigorous towel-friction afterwards. But before you have your bath, just do ten minutes' work at a few of the exercises that are described and so well illustrated in "*Beauty of Figure*" (2s. 6d.), which is to be obtained from Mr. Mason, 25, Bank Plain, Norwich. After the exercise and the bath sponge your face with "Lait Virginal," of which the above Mr. Mason will send you a pint for 2s. 6d. This has the power of calling the most beautiful transparent colour to cheeks that have been properly massaged over-night, and gives a bloom like that of nature itself, though its effect could never be mistaken for one gained by the use of rouge. (*c*) On retiring at night wash your face well in warm soft water, then spread all over it some of the "Crême Suprême," which is sold by the above Mr. Mason for 2s. 9d. Massage this in, just in the way shown in his new book called "*Face Massage, and the Care of the Complexion*," which, if you ask for it when you send for the crême and lait, he will send you without further charge.

Marie.—(1) I never advise the use of any depilatory for the removal of superfluous hairs from the face. The only satisfactory way of getting rid of your blemish will be to go to an expert operator in electrolysis, and I advise you to consult Mme. Cross, at 184 and 186, Regent Street, W. The expert she retains for the purpose is very skilful, takes out each hair in such a way that it never comes again, and can remove from thirty to forty, if necessary, during the sitting, for which 10s. 6d. is charged. If you have a great many hairs, that will require you to have three sittings, a reduction is made in the fee. The operation is made practically painless. (2) Daily practice of the exercises in chapter XI. of "*Beauty of Figure*" (2s. 6d.), by Deborah Primrose, will take down your stoutness in a healthy manner, and prevent a return of the obesity. (3) "Dr. Ritter's Obesity-Reducing Capsules" (2s. 6d. from Dr. Horn, 43, Parkwood Road, Bournemouth) are "safe" and successful in their effects.

Fiancee.—The book on the subject about which you write to me (though your question does not really belong to my department) is "*The New Home*," by Mrs. C. S. Peel. It is immensely interesting as well as most instructive in treating of the arrangement, decoration and furnishing of a house of medium size that will have to be maintained on a moderate income. It is well illustrated, and you will get the help and guidance you want in it. It is published by A. Constable and Co., London, at 3s. 6d.

Susie.—Thank you so much for your most kind letter. It has truly been a long and trying winter for you, but I hope that now the sunshine has come again you will be able to get out more, and will rapidly gain strength. You should let your food, though necessarily simple, be of the most nourishing kinds; Plasmon Oats Porridge, with Glebe Golden Syrup, will be better for your breakfast than bacon or the usual breakfast fish; Epps's Cocoa will be the best substitute for tea, and will help to nourish you; eggs, milk, vegetables of all kinds, and the various fruits in their seasons, should compose your dietary, and then you can practically do without meat altogether. You will find your throat getting stronger every day if you gargle frequently with the following mixture:—In a pint of boiling water steep thirty fresh sage-leaves for half an hour, keeping the jug closely covered. Then strain, and add to the infusion enough vinegar to make it acid and sufficient honey to make it pleasantly sweet again. Stir up each time before using to gargle.

Lady Mary.—(1) The "Beauty Cup" serves all the purposes of massage and vibration combined, and is therefore most useful in the culture of beauty in the face and neck. I suggest that you send 2s. 1d. for "Dr. Harlan's Beauty Cup" to Highwater Laboratory Co., 1-84, Exchange Building, Southwark, London. (2) To cure your scalp of the dry white scaliness which is now bothering it, and to make your hair soft and lustrous, with golden gleams in it once more, shampoo it once in every third week with the "Egg Emulsion for the Hair," of which Mr. Mason, 25, Bank Plain, Norwich, sends a sufficient quantity for six or eight shampoos for 3s. 6d. post free.

Issie.—To arrest the serious hairfall take a course of "Capsuloids" (two with each meal three times a day during the next few weeks), which you can obtain for 2s. 3d. a box from the Capsuloid Co., Ltd., 47, Holborn Viaduct, London, E.C., and massage your scalp nightly with the tips of your fingers lubricated with "Mason's Basic Cream" (3s. 6d. from Mr. Mason, 25, Bank Plain, Norwich) for a week, then on alternate nights for another week, and then twice a week regularly until you get a vigorous and luxuriant growth again to make up for what you have lost.

"I have used 'Myra' for nearly nine years and find it the best of all dressmaking journals."—M. M.

To Prove its Merit.

1/3 JAR of OATINE

Sent FREE on approval.

THE OATINE GIRL.

Oatine is the new face cream which is making so many complexions clear and beautiful. It will bring natural beauty to the plainest face. It clears the skin.

Soap and water will take *off* the dirt, but won't take out the dirt, and it is the dirt that is *in*—not the dirt that is *on*—that makes the skin muddy and sallow.

Oatine removes the dirt **in the pores** of the skin.

It is made from fresh pure oats. It does not contain animal fat, which may go rancid, nor injurious mineral salts. It **cannot** grow hair. It is also invaluable to men for use after shaving. It keeps the skin soft and smooth in spite of cold winds, curing chapped hands and lips. Try Oatine and watch your complexion clear. Oatine is stocked by all first-class chemists and stores, including all of Boot's branches, at **1/3** and **2/6** per jar. **The 2/6 size contains four times the quantity of the 1/3 size.**

To those sending cash with order in response to our offer below we will send in addition a sample of any one of the following preparations which may be selected:—

Oatine Face Powder, | **Oatine Balm,**
Oatine Tooth Paste, | **Oatine Talcum Powder, or**
Oatine Soap.

OUR OFFER.

We will send a jar FREE (same size 1/3 at all chemists') for you to try. If you find it is all we claim, and really benefits your skin after a fortnight's trial, then send us the money. If, however, you are not pleased with Oatine at the end of this period, return us the jar, and your obligation ceases. With this jar we will also send our book on face massage. Write—

THE OATINE CO.,
131, Denman Street, London Bridge, S.E.

You can have a Copy of the "Silk Book" for Nothing!

The "Silk Book" is written by a leading lady fashion expert and tells all about Japanese Silk and its uses. It is illustrated with beautiful fashion designs showing how you can use delicate Eastern Silk. It also tells of

"JAP-A-RIC"

The silk that is Guaranteed SILK

This guarantee means your draper will return your money if you are not satisfied with the way "Jap-a-Ric" Silk wears.

"Jap-a-Ric" is the new Japanese Washing Silk, guaranteed native made, unweighted and absolutely pure.

It wears well and will not tear or split with fair wear. It keeps its surface sheen always.

"Jap-a-Ric" Silk is supplied in all widths and in all the leading shades. The name "Jap-a-Ric" is clearly stamped on the selvedge once in every yard.

Ask your draper for "Jap-a-Ric" Silk. Write us for the "Silk Book," mentioning your draper's name to

T. Rickard & Co.
Dept. 22,
20 Cheapside, London, E.C.

PEACH'S LACE CURTAINS

Free on request, 1906 Catalogue, 27th yearly issue, larger and better than ever before. It saves money. It is replete with our Exclusive Designs in **Lace Curtains, Muslins,** and **Nets for Casement Curtains. Laces, Blouses, Linens, Hosiery, &c.,** popular because worthy. Best by test.
DON'T DELAY. WRITE NOW.

S. PEACH & SONS,
Mail Order Dept. 133,
THE LOOMS, NOTTINGHAM.

2/- INSURES YOUR COMPLEXION

Dr. HARLAN'S
BEAUTY-CUP MASSAGE
For the Face, Neck, Arms and Body.

Hundreds of unsolicited testimonials.

"No woman who owns one of these wonderful little Cups need have any fear of wrinkles or blackheads."

The simplicity of this scientific system of self-applied massage, and the speed with which it clears the complexion, are almost beyond belief. A single soothing application of the little Beauty-Cup produces remarkable results. Blackheads in many cases are banished in sixty seconds. It pumps impurities out of the blood by atmospheric pressure, rounds out the cheeks, arms and neck, and plumps the waste places in the body with wonderful rapidity. Acts directly on the circulation and feeds fresh pure blood to the tissues, making the flesh firm and fair, and the skin soft and satiny. **Dr. Harlan's Beauty-Cup** sent by mail in plain wrapper—with our Beauty Book—to any address for **2/1** P.O. (abroad **2/6** M.O.)

Address—**HIGHWATER LABORATORY Co.,**
1-84 Exchange Building, Southwark, London.

FRILLED BUTTER MUSLIN.

With new **Hemstitch Frills,** 3 yards long, 8/3 per pair; **Plain Frills,** 6/9 per pair. Sample book of Plain and Figured Muslins on approval.

CASEMENT CURTAINS, Fringes, &c. Roller Blinds, from 1s. 6d. Carpets, Tapestries, Cretonnes, Art Silks, Art Linens, Plushettes, Art Serges. Patterns on approval. Picture Book of Lace Curtains, Roller Blinds, Heavy Curtains, Carpets, Linoleum Cork Carpets, Furniture, Bedsteads, Bedding, Rustic and Wicker Work, Garden Furniture, &c., Post Free.

H. GORRINGE & CO., 59A Dept., NOTTINGHAM.

CRYSTAL GAZING.

Clairvoyance Outfit complete, with Full Instructions.

REDUCED TO HALF PRICE.

5/- Crystals for	2/6	15/- Crystals for	7/6
7/6 ,, ,,	3/9	21/- ,, ,,	10/6
10/6 ,, ,,	5/3	Indian Mirrors	10/6

AGENTS WANTED EVERYWHERE.

Prof. ZAZRA (Dept. 7), **115, Praed Street, London, W.**

HAIR DESTROYER.

JAMES'S DEPILATORY instantly REMOVES SUPERFLUOUS HAIRS from the Face, Neck, or Arms, without injury to the Skin. Of all Chemists, or sent with directions for use, free from observation, on receipt of postal order for 1/3, 2/3, and 2/9.

Mrs. C. JAMES, 268, Caledonian Road, London, N.

YOU cannot have a good, clear complexion if your blood is impure. **Blotches, Spots, Pimples, Blackheads,** and **Sores** of **all** kinds can be removed by taking

CLARKE'S BLOOD MIXTURE

The World-Famed Blood Purifier.

This famous medicine will also cure all Skin and Blood Diseases, such as **Eczema, Scrofula, Scurvy, Ulcerated Sores,** &c. Thousands of unsolicited testimonials have been received from all parts.

As it is pleasant to the taste, and warranted free from anything injurious to the most delicate constitution of either sex, from infancy to old age, the Proprietors solicit sufferers to give it a trial to test its value. Clarke's Blood Mixture is sold by all Chemists throughout the world. Price 2s. 9d. and 11s. per bottle.

Beware of Worthless Imitations or Substitutes.

A BOON TO DRESSMAKERS.

The DRESSMAKERS' CHART,

with which you can cut a Perfectly Fitting Bodice, Corsets, or Coat in a few minutes.
Post Free, *1s. 6d.* With Instructions and Diagrams, *3s.*

AGENTS AND TEACHERS WANTED.

Apply—**M. DOBSON, Principal School of Dressmaking,**
23, Park Way, Princes Avenue, Liverpool.

The "R.S." Patent Reducing

CORSET.

With Extra Strong Elastic Belt.

Improves every figure, at once reduces corpulency and prevents high figure, affords strong binding support without pressure. Instantly adjusted.

BLACK, WHITE, OR DOVE,
Real **10/6** *Whalebone.*

Sizes stocked, 19 to 36 inches; over 30-inch waist, 4d. per inch extra. We fit any figure, should stock sizes not fit, we exchange making a pair with any alterations, 1/6 extra. Sent post free to ladies upon receipt of waist size and P.O. Colonial Orders, 1/6 extra.

R. SCALES & CO.,
Corset Specialists,
NEWARK-ON-TRENT, ENGLAND.

Home Dyeing in Perfection at a Trifling Cost

You can dye to any colour, easily and thoroughly, without mess or trouble, any garments or fabrics, curtains, laces, etc., at your own home, with

MAYPOLE Soap DYES

Far superior to the old-fashioned powder dyes and much more cleanly to use. Any colour or shade. Brilliant and fast.

COLOURS, **4d.**
BLACK, **6d.**

SEND FOR FREE BOOKLET,
"The Perfection of Home Dyeing."

MAYPOLE CO., Ltd., 17 Cumming St., LONDON, N.

Stout people

Dr. RITTER'S CAPSULES.

The ONLY harmless Cure for

CORPULENCY.

Throws off the burden of Obesity, and adds to comfort and youthful appearance.

2/6, *post free, or 5 Bottles* **10/6,** *only of*
DR. HORN, 43, Parkwood Road, Bournemouth.
"Harmless, but efficacious."—DEBORAH PRIMROSE.

LUXURIANT HAIR.

Long flowing Eyelashes, Eyebrows, &c., are QUICKLY PRODUCED by using JAMES'S HERBAL POMADE. It is invaluable for the production of Whiskers, Beard, and Moustachios; it causes the Hair to grow on Bald Places and Scanty Partings. Of all Chemists, or a box (with directions) sent, free from observation, on receipt of postal order for 1/3, 2/2, and 2/3.

Mrs. C. JAMES, 263, Caledonian Road, London, N.

PASTA

REGD. TRADE-MARK.

MACK

A DELIGHTFUL NECESSITY FOR

BATH & TOILET USE

***PASTA MACK** is made in perfumed Tablets. Sparkling and Effervescent when placed in the water. Beautifies the complexion, softens the water, and imparts a delicious perfume to the skin.* In elegant boxes at **2/6** and **1/-**

PASTA MACK SOAP.—A perfect Hygienic Soap. A delightful novelty. Sold by all Chemists and Perfumers, in boxes of 3 tablets, **2/6,** or single tablets, **10d.** each.

Manufactured by H. MACK, ULM, O/D.
Wholesale Depot, 32, Snow Hill, London, E.C.

OUR FREE BARGAIN COLUMNS.

Advertisements must reach the office of "Myra's Journal," 10, Fetter Lane, London, before the 1st of each month.

RULES.

1. *A PRIVATE ADVERTISEMENT OF TWELVE WORDS IS INSERTED FREE OF CHARGE. 3d. will be charged for every extra six words or portion of six words.*

2. *It is indispensable that the FREE BARGAIN COUPON should be cut from this paper and enclosed with each advertisement.*

3. *No responsibility is taken by us with regard to any sales or exchanges arranged, or to any remittances forwarded, nor can we interfere in any differences that may arise between parties to a bargain.*

4. *Payment of carriage for articles on sale or approval must be arranged between themselves by the parties.*

5. THE REPLY TO A NUMBERED ADVERTISEMENT MUST BE CONTAINED IN A BLANK STAMPED ENVELOPE, WHICH MUST BE FASTENED, AND HAVE THE DISTINGUISHING NUMBER OF THE ADVERTISEMENT CLEARLY WRITTEN UPON THE TOP RIGHT HAND.

This reply (or any number of them) must be enclosed in another stamped envelope, directed to the Editor, Free Bargain Columns, MYRA'S JOURNAL, 10 *and* 11, *Fetter Lane, E.C., who will add the right name and address, and post it, and thus bring buyer and seller into communication.*

Advertisements must reach the office of this paper before the 1st of the month preceding date of issue.

Free Bargains Coupon.

Myra's Journal, June, 1906.

DRESS AND MILLINERY.

Lady has for disposal several COSTUMES, her own and daughter's. Darkest grey coat and skirt, waist, 23; length, 37; 5s 6d. Pretty, dark, sage green voile dress, tucks, frills, unsoiled; 23, 40, 8s. 6d. Handsome brown cloth bolero costume, lined throughout silk. Small lady or girl, 22, 32; perfect, 12s. 6d. Lovely pale blue voile evening dress; 24, 41; 10s. 6d. Others.— Miss Perrin, Haydock Road, Liscard, Cheshire.

DOLLS DRESSED, trousseaux, layettes, and all underlinen, hand or machine; knitting and crochet every description; golf coats; smocked frocks, blouses; artist's and cooking aprons; chemise tops; dainty bazaar articles; children's pinafores. Approval. M3600

White PIQUE SKIRT, 21, 38, JAP SILK BLOUSE, red SLIP, 4s. 6d.; pretty MUSLIN DRESS, 5s.; GIRL'S PIQUE SKIRT, white UNDER SKIRT, 23, 36, 3s. M3606

TROUSSEAUX, LAYETTES, ALL UNDERLINEN, HAND OR MACHINE; dolls dressed; ladies' shirts, blouses; knitting and crochet every description; smocked frocks; artist's and cooking aprons; lovely chemise tops; dainty bazaar articles; children's pinafores. M3605

CROCHET D'OYLEYS, TRAY-CLOTHS, CHEMISE TOPS, and PINAFORE YOKES. Approval. Miss H. Cass, 19, Albion Place, Maidstone.

MILLINERY LESSONS; personal instruction; prospectus free.—57, Upper Gloucester Place, Dorset Square, W.

Millinery.—Ladies' smart toques from 3s. 11d.; illustrations sent. Speciality, renovating, remodelling; moderate charges.—Madam Lili, 52, Stamford Hill, N.

MILLINER from Louise, Regent Street, remodels and makes, from 2s.—Elise, The Russell Dress Exchange, 68, Great Russell Street, W.C.

NEEDLEWORK, DRESSMAKERS, &c.

Dainty BLOUSES made for girls from 1s.; ladies', 1s. 6d. Stylish costumes, dresses, frocks, &c.—97, Lavender Hill, S.W.

DRESSMAKER, daily. Blouses, dresses, mantles, renovations.—Bates, 70, Grosvenor Road, S. Belgravia, S.W.

NEEDLEWORK; all kinds of DRESSMAKING, at home or out. Terms very moderate.—Mrs. A. Norman, 17, Merton Road, Kensington.

Mdlle. Jeanne, 77, Claverton Street, London. Clever milliner, renovator; marabout stoles renovated.

THE PARISIAN RENOVATING HAT and DRESS COMPANY, 77, Claverton Street, London. Smart gowns from £3 3s. Ladies' materials taken.

DRESSMAKER, daily renovations, evening gowns speciality.—Goddard, 28, Turneville Road, West Kensington.

DRESSMAKER, experienced, good fitter; renovator. Costumes. Ladies' houses or home.—Miss Ganey, 98, Finsbury Park Road, N.

CORSETS made to measure; ladies' patterns copied at the shortest notice; illustrated price list, measurement form, and patterns post free; corsets cleaned and repaired equal to new; trial solicited.—Madame Lee, Corsetière, Elm Grove, Southsea.

Effective MACRAME CURTAIN BANDS, trimmed ribbon; all colours. Suitable bazaars. Pair 1s. 3d.—Mascot, 379, City Road, London.

CHILDREN'S DRESSMAKER, renovations, alterations, any kind needlework, plain or fancy.—L., 76, Merton Road, Wandsworth, S.W.

Millicent Wright, 45, Artesian Road, Bayswater, W. Ladies' materials, moderate.

Smart BLOUSES to measure, any style, 5s.; send for patterns of material.—Mrs. Brown, 2, West Marland Terrace, Southampton.

JEWELLERY.

Nine-carat GOLD RING (stamped); set three rubies, four real diamond chips, 8s. M3582

Two 18-carat GOLD CASED RINGS, with lustrous stones, 2s. 6d. the two. Approval. M3586

Lady's handsome 18-carat GOLD PATTERN (stamped) RING, lustrous stones, 1s.-post free. M3587

ANTIQUES, BOOKS, MUSIC, FOREIGN STAMPS, PHOTOGRAPHY, &c.

Miss Foy, 2, Sunnyhill Road, Streatham, S.W., exchanges 4d. JEWELLED ACTRESS CARDS. Also 2d. ones and 3d. coloured.

22 different PICTURE POSTCARDS, 1s., post free; money returned if not satisfactory. M3594

STAMPS.—50, all different, 6d., post free.—B., 29, Montague Road, Portsmouth.

BRITISH COLONIAL STAMPS, 270, all different, hinged in brown album, 10s.; bargain. M3592

HOUSES, APARTMENTS, BOARD, &c.

DETACHED FREEHOLD HOUSE, wanted to purchase, containing drawing, dining, about four bedrooms, bathroom, &c., and good size garden, south of the Thames, and within 12 miles of London preferred.—Write, giving full particulars, to L. T., 207, Amesbury Avenue, Streatham Hill, London, S.W.

MISCELLANEOUS.

Orders solicited; DRAWN THREAD and KNITTING; box of articles sent on approval. M3604

ELOINE LOTION. — Unsurpassed for purifying and beautifying the complexion, Invaluable for sensitive skins. 1s. per bottle, post free. "Masseuse," 32, New Fillebrook Road, Leytonstone.

HOSPITAL MASSEUSE attends patients at their residence, facial massage speciality, fees moderate —"Masseuse," 32, New Fillebrook Road, Leytonstone.

HOME FOR CHILD or adoption, with premium.—C., 16, Grosvenor Road, Broadstairs.

SEWING MACHINE, BEDSTEAD, BEDDING, FEATHER PILLOWS, COUCH, CHAIRS, BOOKS, MUSIC, &c., cheap.—"Delta," 76, Merton Road, Wandsworth, S.W.

Beautiful SLIPPERS made to order, hand-knitted, 4s. 6d.; postage 3d.—A. Linstead, 1, Cranworth Gardens, Brixton, S.W.

LADY'S BICYCLE for sale, perfectly sound condition, cost sixteen guineas, take £4 4s. M3589

Home made PEPPERMINT CREAMS, 3d. dozen. COCOA-NUT ICE, 2d. bar.—16, Orchard Road, Eastbourne.

DRESSMAKERS.

The Name and Address of any Dressmaker will be inserted free in this column provided the advertiser furnishes us with a Coupon for each announcement *each month*, and she states under which column she wishes her name to appear. *Please write distinctly.*

DRESSMAKERS' COUPON. JUNE, 1906.

LATEST TIME for ADVERTISEMENTS 1st of EACH MONTH.

DRESSMAKING AT LADIES' HOUSES—

L. C. Andrews, 31, Conewood Street, Highbury, N.
Miss Anton, 54, Beresford Street, Camberwell Gate, S.E.
Miss E. Baker, 4, Strode Road, Forest Gate, Essex.
Miss Bates, 70, Grosvenor Road, South Belgravia, S.W.
Miss L. Bradbury, 68, Pellatt Grove, Wood Green.
Miss Bullivant, 21, Firth Park Avenue, Pitsmoor, Sheffield.
Miss Carroll, 12, Upper Market Street, Hove.
Miss Cooper, 5, Richmond Place, Lillie Bridge, S.W.
Ellen Cowell, 3, Portsea Place, Connaught Square, W.
Miss Coward, 82, Camden Road, N.W.
Mrs. R. Dalling, 40, Shirland Road, Maida Hill, W.
Miss Dodd, 7, Gorringe Park Parade, Tooting Junction.
Mrs. England, 440, Edgware Road, W.
Mrs. Goddard, 28, Turneville Road, West Kensington.
Miss Graham, 5, Blandford Street, Baker Street, W.
Madame Léonie, 48, Lancaster Road, North Kensington, W.
Miss M. May, 50, Algar Road, Isleworth, Middlesex.
Miss Pearl, 14, Bruce Road, South Norwood.
Miss Saward, 14, Quadrant Grove, Haverstock Hill, N.W.
Miss A. Smith, 9, Grittleton Road, Elgin Avenue, W.
Miss Smith, 3, Pakeman Street, Hornsey Road, Holloway, N.
Miss Somerville, 40, Lena Gardens, Shepherd's Bush Road, W.
Miss Symonds, 75, Tranmere Road, Earlsfield, S.W.
Miss R. Voysey, 8, Davis Road, Acton Vale, W.
Whare Kiaora, 2, Alexandra Villas, Alexandra Park Road, Wood Green.
E. C. Wicks, 139, Lupus Street, Pimlico, S.W.

LADIES' OWN MATERIALS MADE UP—

Mrs. Brown, 2, West Marland Terrace, Southampton, Hants.
Miss Clasper, 14, Broughton Road, South Shields.
Mrs. Craven, 175, Grove Lane, Handsworth, Birmingham.
Miss Gook, 21, Hollywood Road, Fulham Road, South Kensington.
Mrs. Hemmings, 80, Leithwaite Road, Clapham Junction, S.W.
Mrs. L. Hughes, 46, Offley Road, Brixton.
Mdlle. Jeanne, 77, Claverton Street, London, S.W.
Madeleine, 30, Robert Street, Hampstead Road, N.W.
Ethel Eugenie, 12, Blomfield Road, Shepherd's Bush, W.
Madame Léonie, 48, Lancaster Road, North Kensington, W.
Madam Lili, 52, Stamford Hill.
The Parisian Renovating Dress Co., 77, Claverton Street, S.W.
Misses Ramage, 97, Lavender Hill, S.W.
Miss René, 3, Cowley Road, Leytonstone, N.E.
Madame Roebuck, 98a, Holland Park Avenue, Holland Park, W.
Miss E. Scott, Kelvedon, 39, High Street, Highgate.
Mrs. Sorrell, 140, Inderwick Road, Hornsey, N.
Miss Amy Sutch, 4, New Quebec Street, Portman Square.
Mrs. and Miss P. Tapp, 16, Willcott Road, Acton.
Miss Tidey, 66, Englefield Road, Southgate Road, London, N.
Miss R. Voysey, 8, Davis Road, Acton Vale, London, W.
Mrs. Wheeler, 13, St. John's Road, Stamford Hill, N.
Miss Whitehouse, 57, Upper Gloucester Place, Dorset Square.
C. Wild, 6, Frederick Crescent, North Brixton.
E. M. Woolner, 46, Elthorne Avenue, Hanwell, W.
Millicent Wright, 45, Artesian Road, Westbourne Grove, W.
F. E. Young, 48, Earlsfield Road, Wandsworth Common, S.W.
Miss Young (from Russell & Allen), The Laurels, Bletchingley, Redhill.

LADIES' AND CHILDREN'S MILLINERY—

Miss M. Craven, 175, Grove Lane, Handsworth, Birmingham.
Mrs. J. Etherton, 137, Northcote Road, Clapham Junction.
The Misses Hallowes, 1, Hereford Square, South Kensington, S.W.
Mrs. Henderson, 64, Stanhope Road, South Shields.
Madame Ilene, Abbott's Court, Kensington Square, W.
Mrs. King, 14, Sussex Street, South Belgravia, S.W.
Miss Moorhouse, 70, Birch Lane, Longsight, Manchester.
Mrs. Wells, 36, Gore Road, South Hackney, London, N.E.

LADIES' SHIRTS—

Miss Beatall, 41, High Street, Rushden, Northamptonshire.
Miss Lowson, 1, Buckingham Terrace, Maryfield, Dundee.
Miss E. Manser, 26, Dudley Road, Eastbourne.
Madame Mary Norman, 2, Norfolk House, Lulgrave Road, Hammersmith.

PILLOW LACE MAKER—

Miss Kent-Johnson, Sharnbrook, Beds.
Mrs. A. Stewart, 29, Markham Street, Chelsea, S.W.

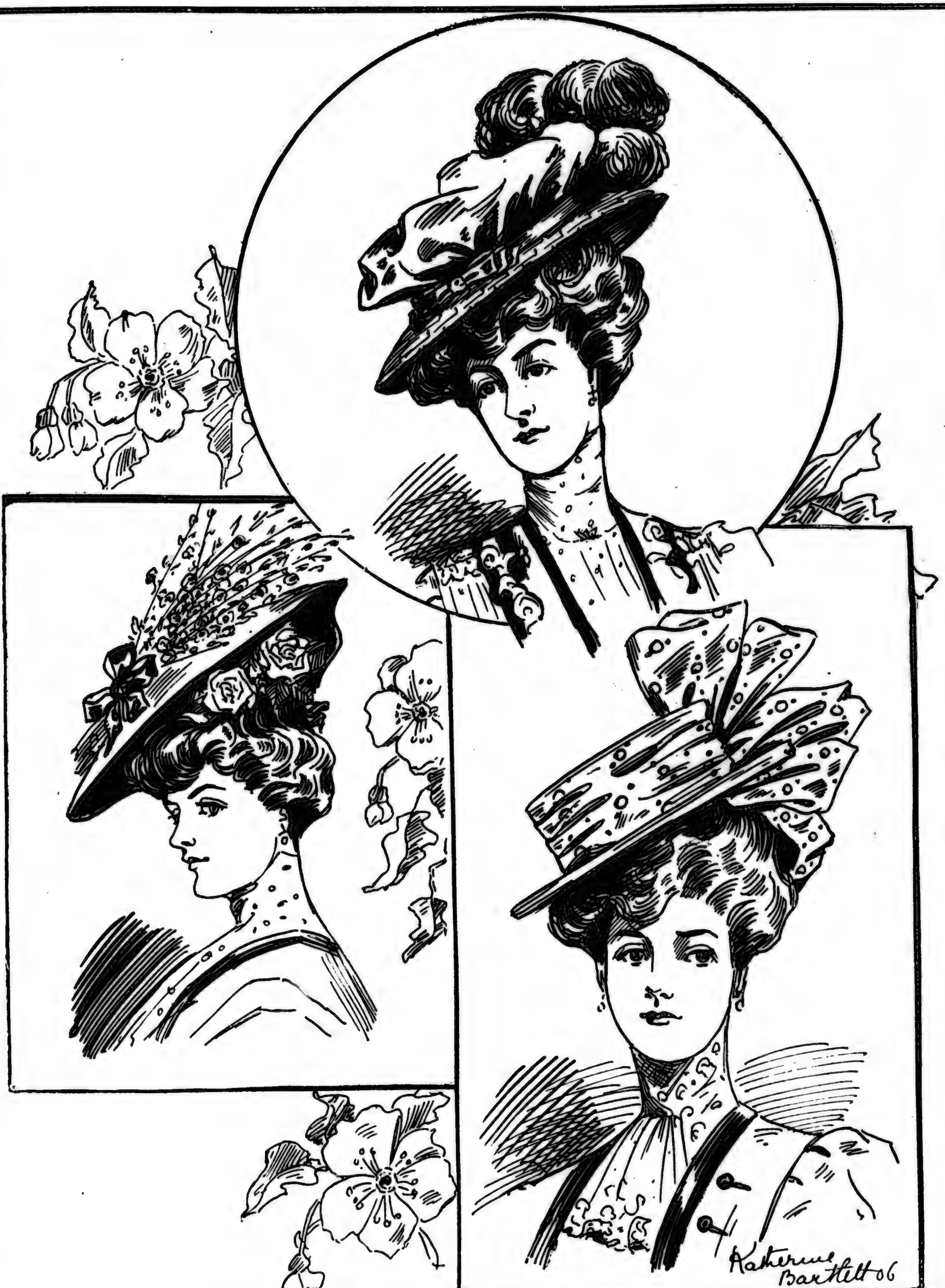
CORSETIERE—

Mme. Gardiner, 28, Sussex Place, Onslow Gardens, South Kensington.
Hélène, 1, Harley Street, Bridge Road, Battersea, S.W.
Mrs. Sidney J. Hurwitz, 29, Archibald Road, Tufnell Park, N.

FURS RENOVATED—

Mrs. Lindfield, 17, Powis Road, Brighton.

All Coupons must be received by the 1st of each month preceding date of issue.


Katherine Bartlett 06

SUMMER MILLINERY TO WEAR WITH TAILOR GOWNS.

For Description see Page 7.

DESCRIPTIONS OF ILLUSTRATIONS.

(Continued from Page 34.)

bands of pink satin. Draped berthe of pink chiffon held with a paste buckle. Velvet elbow sleeve, slashed with puffings of chiffon, edged with chiffon frills. 42-44-inch crêpe, 6 yards. 20-inch velvet, 3 yards; 45-inch chiffon, 1½ yards. For crêpe de chine, send to Best's Dress Goods Co., Bradford, who will pay carriage both ways.

For Nos. 6139 and 6140 see Practical Dressmaking, Pages 28 and 29.

Corselet Skirt and Bolero, Strapped with Plaid.

No. 6141, Page 30. The fitted corselet (nine pieces, front cut with tablier) is lined, and is boned up the seams. Into this is gathered a skirt, which is trimmed with bias bands of check glacé. Good style for any of the plain summer woollen materials. Wear over a five-gore foundation skirt, edged with a pleating. Smart bolero—back and two fronts of the plain material, edged with plaid. Added waistcoat fronts of the chequered material. Steel buttons. Face the collar with velvet. Carry out this scheme in black-and-white check, black velvet, grey woollen material. Small check collar to the waistcoat. Two-piece gigot sleeve. 48-inch material, 8 yards; 22-inch plaid, 3 yards.

A Smart Shirt Blouse.

No. 6142, Page 31. A tucked back and two tucked fronts of blue cashmere (tucks wheelmarked on pattern) with added basque. Edge fronts with red-and-blue check glacé. Band collar holding the detachable linen collar and red silk stock. Puff sleeve on a smaller lining, with fitted lower sleeve strapped with plaid. 46-inch cashmere, 2 yards.

Linen Frock for a Young Girl.

No. 6143, Page 32. Seven-gore skirt, with lapped seams (lap is given in pattern). Edge with added tucks (doubled bias bands). Smart shirt blouse buttoning at back—a tucked front and two backs (with added basque), arranged into a three-piece yoke of broderie anglaise strapped with linen. Tucks are wheelmarked on pattern. Collar of the broderie. One-piece sleeve, with fitted lower sleeve of the broderie. 36-inch linen, for a girl of fourteen, 8 yards. For patterns of beautiful Irish linens send to Robinson and Cleaver's, Belfast.

A Pleated Serge Skirt.

No. 6144, Page 35. Suitable for white or navy serge. The pattern is in four pieces—half the pleated front, two sides, one pleated back. Pleats are wheelmarked on pattern; they can be stitched down or tacked inside. Lay the pattern pieces on 5 yards of 42-48-inch material. The material is doubled, selvedges meeting, front centre laid on the fold, so that it is cut in one piece, the other pieces being cut in duplicate. Tack together front, sides, and backs. Where required added corners are seamed up the selvedges. These are concealed in folds. Arrange the pleats. Try on. Then stitch and press the seams, and stitch down pleats. Hem the lower edge. Make the opening in the left tablier seam. Fell over the edges with glacé silk, and sew on glove-stud fasteners. Bind the top edge. Wear over the five-gore foundation skirt, edged with shaped flounce (pattern in one piece, half the flounce). For excellent and inexpensive serges send to Lutas Leathley, Summer Department 40, Armley, Leeds.

A Strapped Umbrella Skirt.

No. 6145, Page 35. A tablier and two circular sides fitted with a dart. Tablier seams are strapped, and a strap runs round skirt above the stitching at the edge. Metal buttons. Good model for tweed, serge, cloth, &c. It can be lined, or be worn over a separate foundation skirt. Opening in left tablier seam, closed with glove stud skirt tapes. Hem with a lined false hem, to hold the stitching. Small metal buttons. 48-inch material, 4½ yards. For excellent cloths and tweeds send to Lutas Leathley, Summer Department 40, Armley, Leeds.

A Pleated Tweed Skirt.

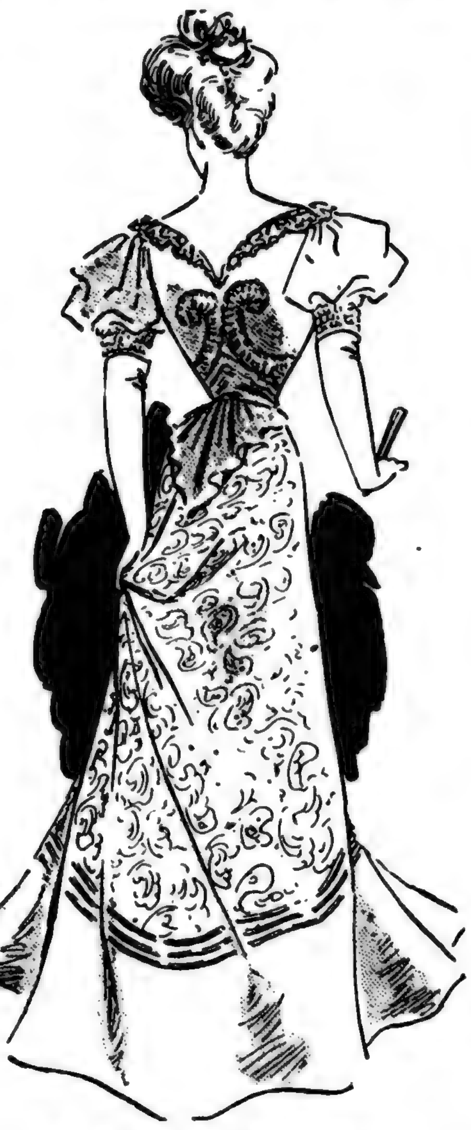
No. 6146, Page 35. The pattern is in four pieces—half the pleated front, two pleated sides, one pleated back. Pleats are wheelmarked on pattern; they can be stitched down or tacked inside. Lay the pattern pieces on 5½ yards of 44-48-inch material. The material is doubled, selvedges meeting, front centre laid on the fold, so that it is cut in one piece, the other pieces being cut in duplicate. Tack together front, sides, and backs. Where required added corners are seamed up the selvedges. These are concealed in folds. Arrange the pleats. Try on. Then stitch and press the seams, and stitch down pleats. Hem the lower edge. Make the opening in the left tablier seam. Fell over the edges with glacé silk, and sew on glove-stud fasteners. Bind the top edge. Wear over the five-gore foundation skirt, edged with shaped flounce (pattern in one piece, half the flounce).

A Seven-Gore Plaid Skirt.

No. 6147, Page 35. The seven gores join with lapped seams (laps given in pattern). See that the stripes of the plaid are on a level throughout the seven gores. The hem is lined and stitched. The skirt can be lined throughout or worn over a foundation skirt. For handsome plaided tweeds send to Robinson and Cleaver, Belfast. 54-inch material, 4½ yards.

Smart Style for Foulard or Muslin Skirts.

No. 6148, Page 35. Two-piece umbrella skirt, seamed back and front, each piece made up of breadths seamed up the selvedges (pattern meeting). Looks also very well in printed mercerised cottons. Trim with lace insertion and two narrow cross cut frills. Gather into a ribbon to fit waist and wear over a separate foundation skirt.



No. 6150. A Renovation.

For Description see Page 29.

Price of Paper Patterns, Skirt, Foundation Skirt, or Bodice, each 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

White Cloth Skirt Tucked in Groups.

No. 6149, Page 35. The pattern is in four pieces—half the pleated front, two pleated sides, one pleated back. Pleats are wheelmarked on pattern they can be stitched down or tacked inside. Lay the pattern pieces on 5 yards of 54-inch material. The material is doubled, selvedges meeting, front centre laid on the fold, so that it is cut in one piece, the other pieces being cut in duplicate. Tack together front, sides, and backs. Where required added corners are seamed up the selvedges. These are concealed in folds. Arrange the pleats. Try on. Then stitch and press the seams, and stitch down pleats. Hem the lower edge. Make the opening in the left tablier seam. Fell over the edges with glacé silk, and sew on glove-stud fasteners. Bind the top edge. Wear over the five-gore foundation skirt, edged with shaped flounce (pattern in one piece, half the flounce). For white cloths of beautiful appearance send to Best's Dress Goods Company, Bradford, who will pay carriage of patterns both ways to anyone mentioning "Myra's Journal."

No. 6150 A Renovation, see Page 29.

Shopping by Post.

ORLWOOLA.

This delightful fabric, as its name implies, is composed entirely of pure wool. Light, yet warm, and therefore invaluable in this changeable climate of ours to the sporting girl engaged in cycling, golfing, tennis, or other out-door games where chills are likely to be taken if due care is not exercised, Orlwoola is guaranteed unshrinkable, and as this result is obtained without the aid of any chemical process, all the hygienic properties of the wool are fully maintained.

But quite apart from its hygienic properties, Orlwoola is a lovely fabric in texture, in colouring, in design, the designs being very varied, suitable for all purposes. The delicacy of the tints and the subtle introduction of the finest silk lines into some of the patterns give them a charm peculiarly their own. There are special designs for ladies' shirts and blouses; others have been evolved for dressing gowns, nightdresses and all underwear; while for children's dresses there is a series of very dainty patterns. Orlwoola is stamped (Orlwoola) on every yard of the selvedge, and without this stamp none is genuine. Orlwoola, which is 31in. wide, is stocked by all good class drapers; but if there is any difficulty ladies should write to the manufacturers, the Leigh Mills Co., Limited, Bradford, who will at once gladly send the name of the nearest draper, who will supply patterns free.

Orlwoola Hosiery Underwear will be found to give the same satisfaction as the flannel, and may be obtained in various weights, suitable for all seasons and climates. It is beautifully soft, light, and protective.

OATINE.

The girl who values a clean smooth skin should take advantage of the munificient offer of the Oatine Co., 131, Denman Street, London Bridge, S.E., and send for the free 1s. 3d. jar of Oatine. The Oatine Co. send the jar quite free for trial. If the user finds a really beneficial result after trying it, she is asked to forward tne money; but if she is not pleased with the Oatine, she is asked merely to return the jar. What could be more fair and satisfactory? A book on face massage is sent with the 1s. 3d. jar of Oatine, which all girls who wish radically to improve their complexions should make a point of trying.

"JAP-A-RIC" SILK.

This is a beautiful new Japanese washing silk, guaranteed native made, perfectly pure. Very glossy and drapable, "Jap-a-Ric" is to be had in several widths and all the new shades. It is kept by all good-class drapers, but care should be taken to see that the word "Jap-a-Ric" is stamped on the selvedge (once in every yard). If any difficulty, however, is experienced, ladies should write to Messrs. T. Rickard and Co., Department 22, 20, Cheapside, London, E.C., asking for their "Silk Book," and giving their local draper's name. The Silk Book (sent free) will be found most interesting, as it tells all about beautiful Japanese silk and its uses, illustrated with artistic fashion designs, showing how the lovely Oriental silk may be used. It says much about the new pure silk "Jap-a-Ric," which is being so widely used by the best couturières this summer.

"I thought I must write to tell you how very pleased I am with the skirt pattern you sent me."- E. H

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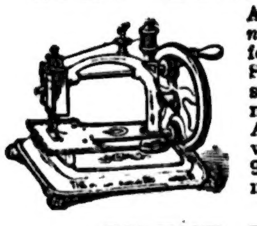

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Correspondence.

RULES.

1. To be answered in the next number, letters must reach us not later than the 25th of the month.

2. Queries (except on "Dress" and "Health and Personal Attention") must be accompanied by sixpence and a stamped addressed envelope. No notice will be taken if sent without, if to be answered by post.

3. In urgent cases, or if crowded out, all "Dress" answers will be sent by post, for which no charge will be made. No postal reply can be sent unless a stamped and addressed envelope be enclosed.

4. Queries to be answered by post must be limited to three.

5. It is absolutely necessary that every letter should contain real name and full address. The space for correspondence is so limited that a large number of answers have to be sent by post. This is especially the case with "Dress," which requires prompt and often private replies. Only questions of general interest are answered on this page.

Whether letters are to be answered by post or in these columns, the Correspondence Coupon, cut from the current number, must be enclosed.

DRESS AND HAIR-DRESSING.

Letters to be addressed to Madame Myra, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

Ringwood.—(1) Embroider the lace with shaded pink silks, and that will make it accompany the pink chiné ribbon belt and sleeve straps. (2) It is expensive to have a lace coat manufactured to shape. See the model on page 18. Generally, such coats (if made to a preferred shape, and not bought ready-made in a shop or from a lace manufacturer) are cut in piece lace. The necessary irregular lace-like edge is then secured either by irregularly scalloping and working the edge or by boldly "appliquéing" an edging of a similar lace. The difficulty is got over for the present more easily by the modern craze for valenciennes frills as a trimming for coarse lace. But this combination would be impossible should the fashion for it suddenly die out (it is sure to go sooner or later). For an excellent example of the combination of two laces see the blouse, No. 6140.

Maddie.—(1) You will find a very original pleated skirt (quite different from the types of which you are tired) at No. 6070, page 10. It looks difficult (would be insuperably so except in the hands of an expert modeller), but is quite easy to carry out with a good pattern. For the diagram of the pattern see page 28. (2) Your lace will be enough for the blouse, No. 6093. (3) Make up the cashmere like No. 6092. With that delicate green shade you might wear the lace blouse over a pale pink underslip.

Goodie-Two-Shoes.—(1) Gloves are dyed in almost any shade. Shoes to match were promised, but most of our bootmakers are shy of making coloured walking shoes unless to order. It is a luxury of the rich woman, who buys nothing ready made, not even a fur coat, or muff, or boa. Cape and doe-skin gloves are most durable for morning wear, and they look very nice with a plain morning "tailor-made," because they are in keeping. (2) You can wear a sailor hat, but it must be up-to-date in style and trimming. A correct model will be found in the right hand figure on page 43. (3) You are in error about linen. It will be as much worn as ever for gowns and blouses, in spite of the taste for embroidered lawns. For capital cotton voiles, write to Lutas Leathley, Summer Department, 40, Armley, Leeds. (4) You will find excellent styles for white serge skirts at No. 6093 and 6145. (5) Yes, pleats iron very nicely in good hands, but I think the linen skirt which washes best is the plain model with lapped seams (of the type of No. 6147). A capital style for a linen coat-and-skirt is given at No. 6135 (back and front views). The little coat is most smart. It would go excellently with the lapped seam skirt, No. 6147. Certainly *not* a corselet skirt for linen. It may be attempted, but is most unsuitable.

Draga.—(1) There is an Empire bridal gown at No. 6137. (2) If you like a plain style, the beautiful dress, No. 6138, could be adapted, with embroidered satin bodice and lace yoke or long fitted lower sleeves. Long gloves only could be worn beneath the sleeve.

EMPLOYMENTS FOR LADIES.

Letters to be addressed to Miss Winifred Jones, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

SPECIAL NOTICE.—Once again I must ask readers to kindly observe the rules regarding private replies. Unless stamps and a stamped envelope are sent no reply will be forthcoming.

Country Weaver (Miss R.).—I am sorry that I cannot give you the address you want. It did not appear in my column. However, I have inserted a notice for you, and some one may remember it.

Dressmaking (Mrs. R.).—I am pleased to put you on my Register once more, as on former occasions your work gave satisfaction to my correspondents.

Dressmaker at Tonbridge (M. E. H.).—Many thanks for your courteous letter. I will certainly recommend you when opportunity occurs. Your newsagent is certainly very late. The May issue appears on April 15th and so on. Give your order elsewhere.

Whosesale Clothes Making (F. S.).—You had better go to the nearest free library, and under the heading of Trades in a London directory look out the names and addresses of firms which make skirts, knickers, &c., and then apply for it. I fear it is not easy to get nor very remunerative.

Dressmaker (Madame B.).—I have nothing to do with the Dressmakers' nor the Free Bargains Columns. I am putting your notice in my Register, and am glad you think our fashions "splendid."

Masseuse (C. K.).—I am putting you on my Register, and I am glad to hear that you make a specialty of facial massage, as there seems a distinct demand for this branch of work.

Lingerie Made (E. A. G.).—I have given your name and address to more than one correspondent, so hope some orders may result eventually.

Blouse Specialist (M. P. and Mrs. M. C.).—I forwarded your letters, and I should be glad to know if you gave orders and your opinion of my correspondent's work.

Blouse Specialist No. 2 (S. Y. L., Leamington Spa).—I am putting you on my Register. I note you also make gowns and do renovations. A "twenty years' subscriber" deserves all the help I can give. I think there is a distinct opening for those who make a specialty of blouses.

Dressmakers Wanted (Mdlle.).—I sent you the names and addresses of workers, some of whom I hope may suit. I note you are willing to pay well, and I am glad to hear you are doing so well. I am putting a notice in for you in my Register.

Hand-painted Blouses (A. G.).—Certainly, as you are clever at blouse making and painting, you are wise to combine the two, and as I suppose the blouses clean well you should have little difficulty in disposing of them. Your testimonials are good. Many people are glad to hear of something novel. Kindly send your address at once, as you omitted to put it on the notice.

Blouse Specialist (Miss C.).—For reinsertion the notice *must* be cut from the Register itself in Myra. However, I will do it for you this once.

Masseuse (C. H.).—It would be quite impossible. Under no conditions are names and addresses ever published.

Pupil Wanted (Miss S., Highgate).—I presume that it is a *dressmaking* pupil that you want, but you do not say so exactly. Anyway, I am putting it thus on my Register.

Dressmaking Partnership (Mrs. H. C. Smithers, Ipswich).—I forwarded your letters to my two correspondents, and I should be much obliged if you would let me know if anything comes of it, as I can then take the offer from my Register. The name and address of the writer—when letters are to be forwarded—should always be given as a guarantee of good faith, otherwise I am obliged to open the the letters, as no anonymous communications are forwarded.

Partner Wanted to Work up a Dressmaking Business (Becky).—I am putting in both notices for you, and I feel sure that you will be able to meet with a partner through our columns. I note that you do not wish to join a business, nor to buy a partnership.

Renovations, &c. (L., Wandsworth).—I have put you on my Register. I fancy you are an old correspondent. Please send your name, as I cannot forward letters to initials only.

Dressmaking Wanted (J. E. M.).—Certainly I will put you on my Register. A subscriber to Myra for eight years deserves our assistance. At the same time may I suggest that your charges are perhaps not moderate enough. Certainly rent and work are alike dear in London, but at the same time competition is keen. In the North of England—where the standard of workmanship is very high—ladies' own materials are made up really well for under a sovereign; 17s. 6d. and 18s. 6d. being very usual. Ready-made things, too, are now very usual. I say this in your own interest entirely. I am glad to hear of the work you have obtained through Myra.

Dressmaker Wanted by the Week (Mrs. H. B. T.).—I have several dressmakers on my list who would suit, I think, but for a private reply please read the rules.

◆

COUPONS.

Correspondents seeking advice on "Dress," "Health and Beauty," "Employments," &c., must enclose in their letters one or more (according to queries) of the following coupons cut from the current number:—

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JUNE, 1906.

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H. A. BARKER.

5, Westwick Gardens,
Kensington.

Gentlemen,—I am delighted with the effect of Capsuloids. I have taken them now for a few months, with marked benefit both to my hair and health. You are at liberty to make what use you like of this photo and letter.

Yours truly,

(Miss) HELEN LORD.

Miss HELEN LORD.

LOOK AT THIS PICTURE OF A GROWING HAIR GREATLY MAGNIFIED, and learn how your hair grows, why it becomes prematurely grey, why it does not grow well, and why it falls out. The whole hair is produced by the multiplication of those growing cells which lie at the bottom and form its roots. They rest upon the little blood vessels which carry the blood containing the red corpuscles, from which the cells draw all their nourishment. You can easily see from this picture that when the harmful germs settle in those growing cells and go on multiplying, they will injure the cells, which causes the hair to loosen and fall out or become prematurely grey. If those germs are not checked, they will in time quite destroy the cells, and as the roots would then be dead nothing whatever could be done. You can only kill those germs by quickly making millions of new red blood corpuscles, and the only medicine which will make them rapidly enough is CAPSULOIDS. A look at this scientific picture will enable you to realise that external treatment cannot possibly benefit the hair.

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COUPON.
MYRA'S JOURNAL.
June, 1906.

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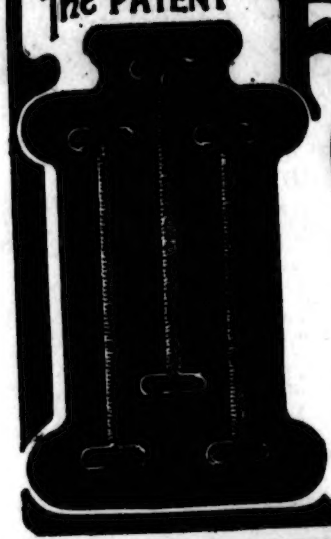

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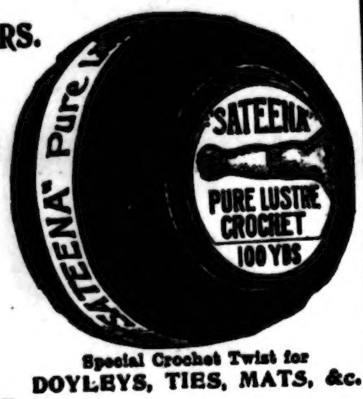

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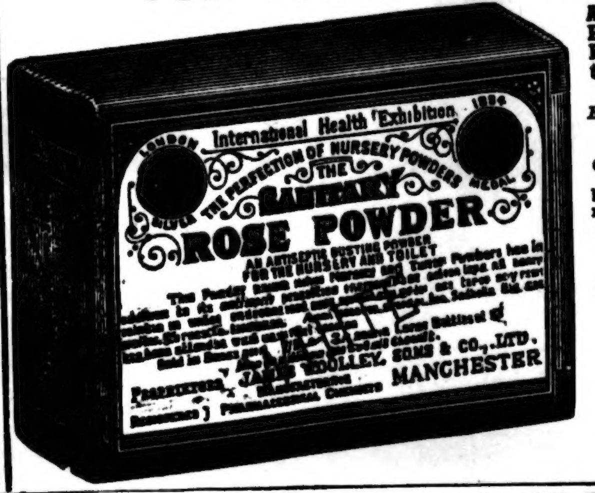

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